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ISSUE NUMBER 3 • SUMMER 1992

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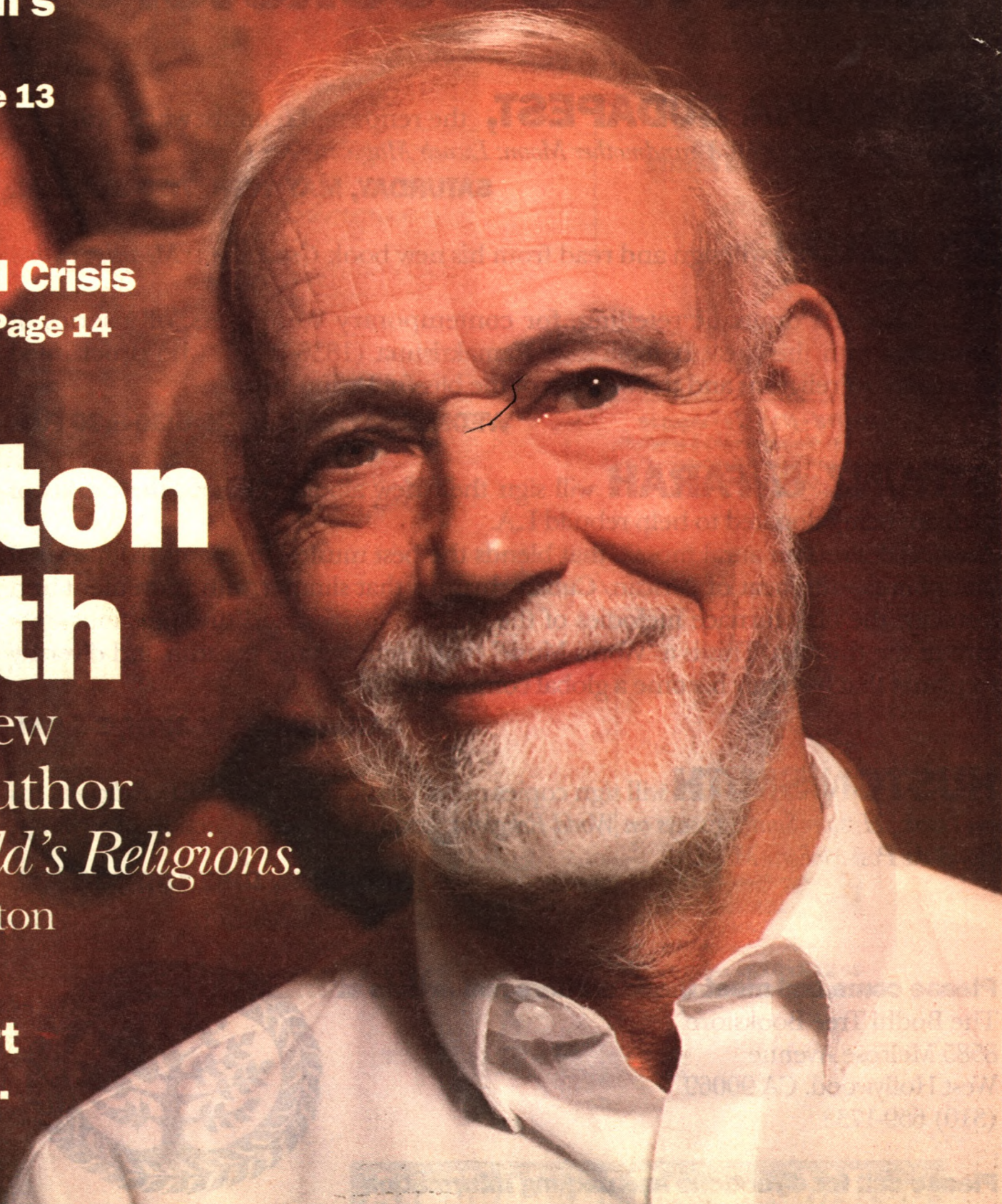
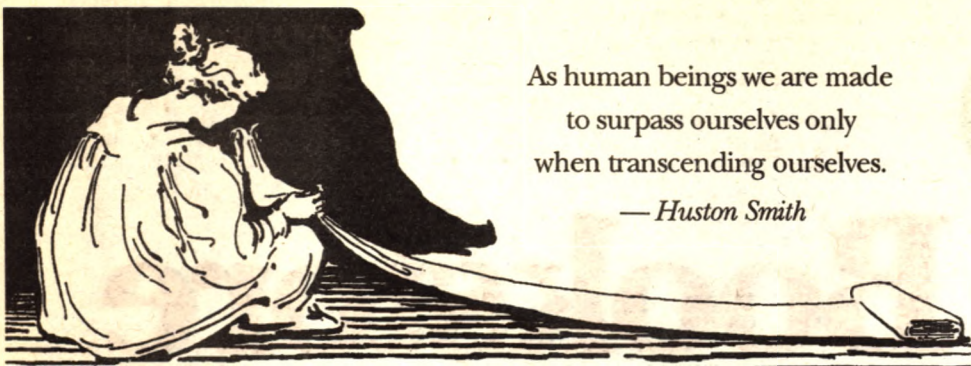


Photo By Lori Eanes

The Quarterly Bookstore by Mail



As human beings we are made
to surpass ourselves only
when transcending ourselves.

—Huston Smith



Cover photograph
of Huston Smith by Lori Eanes

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Upcoming Events at the Bodhi Tree Bookstore

ZSUZSANNA BUDAPEST, the renowned feminist witch, will sign copies of her latest book *Grandmother Moon: Lunar Magic in Our Lives*.

SATURDAY, MAY 16TH, 7:30-9:00 P.M.

LEX HIXON will sign and read from his new book *Great Swan: Meetings with Ramakrishna*.

Great Swan is a dramatic retelling, for contemporary Westerners, of a series of encounters with the great Bengali sage Ramakrishna (1836-1886), who proclaimed the oneness of religions and the worship of the blissful Divine Mother.

WEDNESDAY, MAY 20TH, 6:30-8:30 P.M.

STRUNZ & FARAH will sign their new album *Américas*, the profits of which are being donated to help rebuild L.A.

Américas delivers an aural mosaic that blends the best musical elements from several hemispheres—the heat of African/Cuban rhythms that simmer with movement and sensuality; the blast-furnace melodies of the Spanish gypsies, and the infectious optimism of the rhumba. This is a 'World Music' that celebrates the breadth and diversity of a planet that has truly become a global community.

SATURDAY, MAY 30TH, 3-5 P.M.

HUSTON SMITH will sign copies of his classic work *The World's Religions*, his new book, *Huston Smith: Essays on World Religions*, and his earlier collection of writings, *Beyond the Post-Modern Mind*.

SATURDAY, JUNE 13TH, 3-5 P.M.

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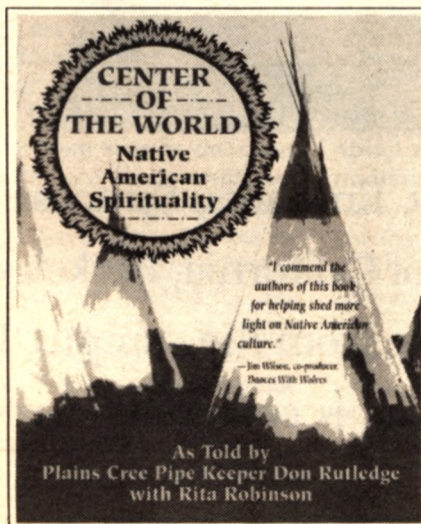
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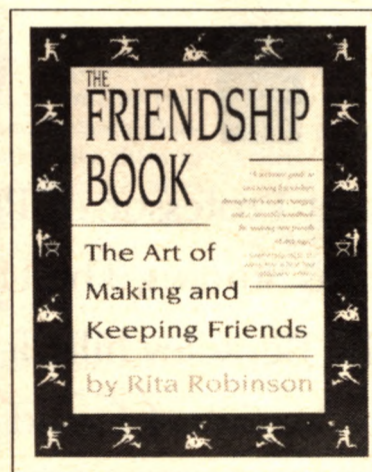
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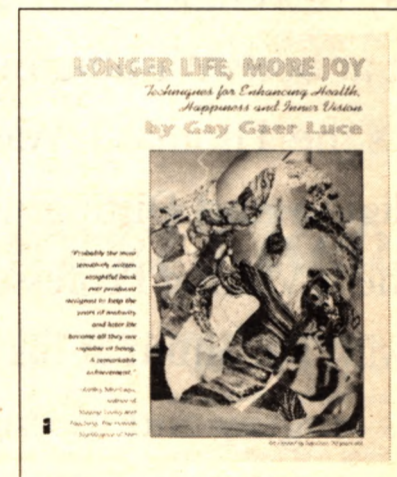
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H U S T O N

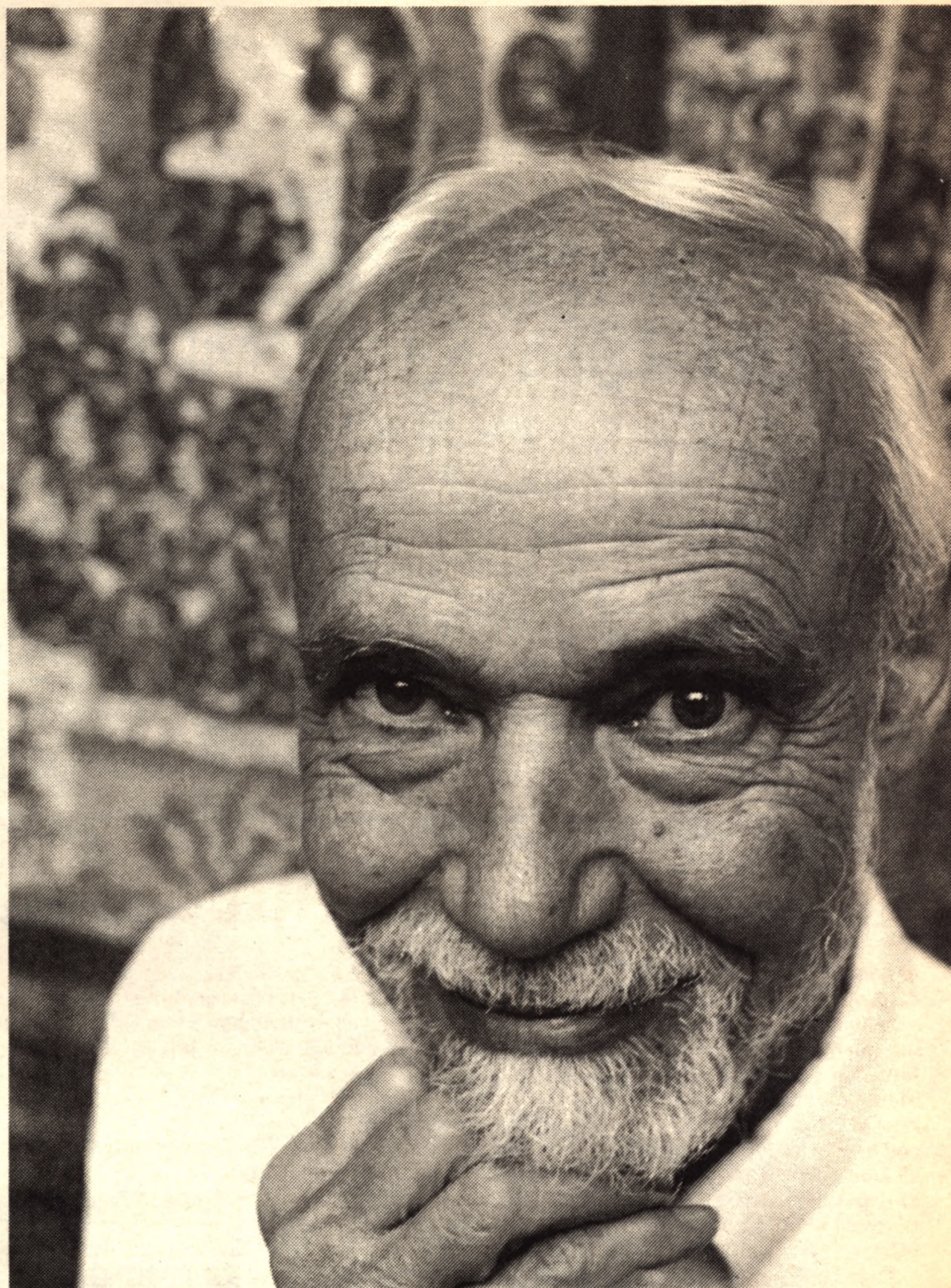


PHOTO BY LORE EAMES

Huston Smith is widely regarded as the most eloquent contemporary authority on the subject of comparative religion. Also leading the way in the study of the philosophy of religion, Dr. Smith, who has taught at both Washington University and MIT, is the Thomas J. Watson Profes-

sor of Religion and Distinguished Adjunct Professor of Philosophy, Emeritus, Syracuse University. Presently he is Visiting Professor of Religious Studies, The University of California, Berkeley.

I met with Dr. Smith at his home in the Berkeley hills, a short drive from the campus. Despite the professor's lengthy and distinguished credentials, I found a man who is completely accessible and generous with his time, and more importantly, his ideas.

We began by briefly touching on Christianity and his early years in China as the son of Methodist missionaries, and quickly moved on to broader issues of the spirit and the commonalities of human religious experience.

S M I T H

Did theological differences with Christianity play any role fostering your interest in other spiritual traditions?

Not really, I was a late bloomer or a slow learner.

I find that very difficult to believe.

I had none of those questions regarding the theology of Christianity. These questions were not major for me—what I became aware of was a *belongingness to the universe* or reality. In our community the focus was Jesus, but I wasn't considering the particulars of religion.

Theological issues that are so alive for many people just passed me by. Christianity always seemed an affirmative message as to how one should live and what one's basic connection with the ultimate should be. Maybe I have a 'too easy' conscience, but in moving from my parents' narrow Protestantism into a 'universalism' of my later years, there were never any severe conflicts. Why that should be (laughs) maybe you can tell me!

I have a suspicion. A discontentedness with Christianity has led me to explore other spiritual traditions. On the other hand, you appear to have embraced these traditions out of an appreciation of the universal qualities they share, an inclusion based on attraction to truth in many forms. An embracing rather than a rejection.

What was the religious climate at that time

old folk beliefs into contemporary religion to a greater extent than their Western counterparts?

There is some difference between religions on this score. As a generalization, I think the Semantically originated ones—Judaism, Christianity, Islam—tend to draw lines more sharply than the others. On the other hand, this accommodation and 'folding in' of folk belief happens everywhere.

Take Christianity in Latin America. Two weeks ago I was down in Mexico to attend two all-night vigils. One was with the Huichol—the peyote people—and another was with a Native American church. The contrast was very striking because the Huichol's ceremony was entirely their own. On the other hand, at the Native American church I was amazed at the interweaving of Native American belief, language, and terminology—and Christianity was all the way through.

Was it Catholicism?

Not necessarily. I think the leader was a Winnebago and was Protestant.

If you take Christianity in Southern Italy, I hear that it's practically the patron saints that are worshipped—in effect local deities. Jehovah is probably in there somewhere but is off the chart as far as the dynamics of the religion are concerned.

What I'm saying is, I think there is probably a difference in spiritual personality

tribe has their own personal 'guide,' a spirit that helps, guides, and empowers them. But there's no thought that this guide is the *only* spirit or that this personal spirit created the world.

So we've got the atheists and the polytheists. Then come the monotheists where it all comes together in a single universal being, but it's a *personal* God. You mentioned this person earlier.

Beyond these three spiritual types you get the mystics where again it's a 'world spirit' but the personal imagery of the monotheist becomes too anthropomorphic to really seem real.

So I'll give you a little test. On one hand you have the atheist who believes in no God. Next there's the polytheist that has many Gods, and after this person is the monotheist who has one personal God. Now the test, what does the mystic say?

Can I answer with an analogy and in a few words?

By all means.

For me, a rough analogy is that universe is composed of spirit that is analogous to an amorphous block of 'clay.' The 'clay' can be used to make a beautiful figure or pot, but can also be used to create something hideous or disgusting. Everything is created from this material, nice people, bad people, beautiful sunsets, and natural disasters. The mystic sees the clay as the creative stuff of the universe, inert in the

realize that social structures vary from culture to culture, and they're not ingrained in the nature of things as if they were natural laws—as they tended to be viewed in the past. They are human constructs and therefore we're all implicated and have responsibility for them. So we red-pencil these in the sense that we scrutinize and winnow *very carefully* gender relations, for example. We don't look to them for wisdom in these two areas.

What's left? What's left is how an individual spirit works out his or her destiny in the face of the way things finally are—ultimate reality. Now on that score, I keep being set back in respect for these traditions and they have seemed to me, with continued study, to be infinite reservoirs of wisdom on that particular point. When the Hindus speak of the Eternal Dharma and other traditions speak of revelations I think they *are* revelations whether we image this as coming down from 'on high' or welling up from the unconscious of the spiritual geniuses of the human race. In any case, they do come from beyond, wherever we envision that is, and I see nothing elsewhere that rivals them in their wisdom.

What would you suggest? (laughs) A generation ago we *might* have said Karl Marx or maybe Freud or so on, but they

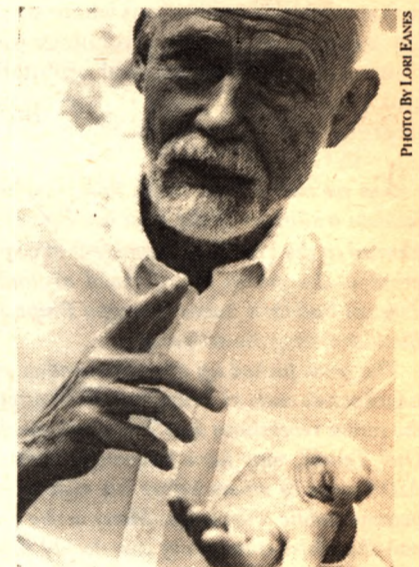


PHOTO BY LORI EAMES

An Interview with the Author

in China, did most people practice a form of Confucianism or Taoism?

Remember that I was a boy at the time. I was interested in flying kites and fishing. But what one noticed was folk religion, which tends to be the same world over. A lot of concern with spirits—mostly evil—and how to ward them off. One would see all kinds of evidence of that, ghost money and paper houses at funerals so the deceased would have a home in the after-life.

There was a fine Buddhist monastery about three miles from town in the country and we would take lovely walks out there for picnics. But to us that was a nice picnic place, and that's about all it was for us. So that's what the local religion looked like. Of course, later on, I found that the Shanghai area was very rich in its history for Chan or Zen Buddhism. I'm sure that Confucianism and Taoism were being buffeted by modernity and yet were still alive and to an appreciable extent continued.

Your description of the paper houses for the

here and probably analogous to the Jungian type. But the similarities are universal and cut across all the traditions.

Some people are what you might call polytheistic in the sense that a more finite God rivets their attention as opposed to an abstract, universal deity.

An individual who needs a 'personal' God?

That's right. This notion of spiritual 'personality type' feels original to me because I haven't picked it up anywhere else. You can study all the major religions—Christianity, Islam, Judaism, Buddhism and Hinduism—and slice them as traditions. Additionally, cutting the other way and across all of them are these reoccurring *four spiritual personality types*.

The first is the atheist for whom the obvious, the mundane, is all there is. And you find those people everywhere. You even find the atheist in tribal/oral cultures; and as you know, there are some who are just 'meat-and-potatoes' people. (laughs)

And then you get the type we were just

sense of not having intrinsically dualistic qualities of good or bad—what Huang Po might call the 'One Mind' or the pregnant void from which all things are possible. In short, the spirit or stuff that permeates the entire matrix of our universe, both manifest and unmanifest.

I'll mount the ladder again. Atheists have no God. The polytheists have many Gods and the monotheists have one personal God. The mystic—*only* God.

I used 100 words trying to say something that you said much more coherently in two.

You got to it when you said 'entire matrix.'

of The World's Religions.

Can we move on and talk a little bit about what you call the 'wisdom traditions?'

First of all, not everything in these traditions is wise. So we begin by 'red-penciling.' We red-pencil their science because that's been superseded by modern science—we have proof of various things by way of controlled experiments. We should see their science as antiquated and shouldn't take it literally.

Second, we red-pencil their social patterns because these traditions picked up the social mores of the time. We've learned some things and I'm not totally down on modernity. I think one of the great learnings is that we have come to

have all been shown to be paper gods.

Do we have a problem in the West because we've divorced the spirit from so-called scientific inquiry? You find very few scientists who freely admit to a spiritual/mystical orientation because it's not seen as good empirical science. Ironically, the Buddha was an empiricist and a mystic. He said time and time again 'Don't believe something merely because I tell you it's true—find out if it's true for yourself.' Consequently I've wondered if Western science and psychology are severely limited because, by and large, they ignore the spirit.

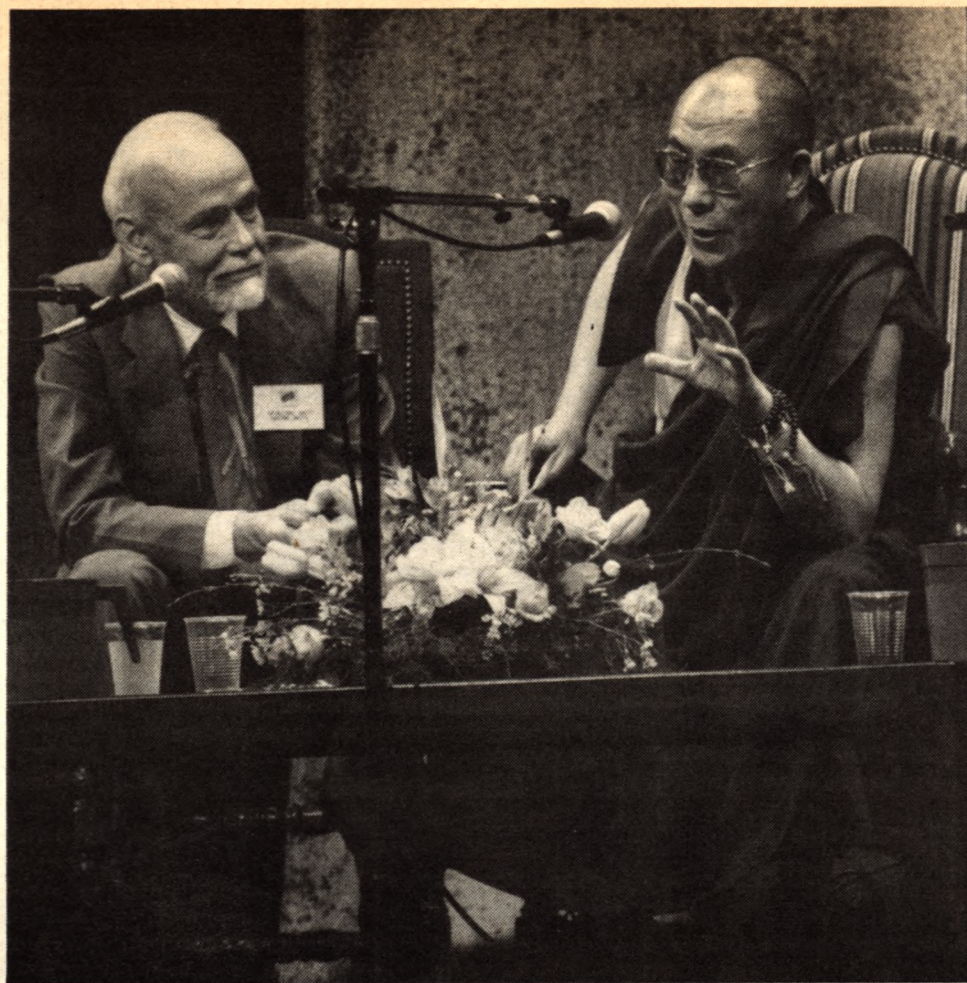
I think that they do, and I think this is really what's behind the movement of humanistic psychology and transpersonal

By Mark Kenaston

dead in China reminds me of the ghost houses I saw in Thailand (miniature houses placed on stilts on a family's property to give shelter to spirits). Have the Eastern traditions woven

talking about, the polytheists. These are people who really come to life religiously in the broadest sense in terms of concrete spirits. For example, each shaman in a

“I keep being set back in respect for these traditions and they have seemed to me, with continued study, to be infinite reservoirs of wisdom...”



psychology. These are practicing psychologists who sense this Procrustean bed of the reductionistic, mechanistic view of the human self. Both movements are alive and vigorous, but it's an indictment of the university because they have made virtually no inroads into these areas in twenty years. There are, to my knowledge, only two major academic institutions where you can get a higher degree in psychology with a humanistic or transpersonal orientation, and both of those only in the master's degree—one at Sonoma State and the other in Georgia.

Can we talk a little about how some of the wisdom traditions of the East are being transplanted to the West? An example that comes to mind is the group that formed around the Tibetan Buddhist Lama Trungpa Rinpoche in Boulder during the seventies.

The press picked up on several rather sensational issues such as Trungpa's alcoholism and the recent revelations that Trungpa's successor, Osel Tensin, may have knowingly passed the AIDS virus to others before his own infection became public knowledge. Many in the American Buddhist community are deeply divided over these troubling events and some question whether a vital and dynamic Western Buddhism will survive.

I think that the invariant guidelines are that when a tradition, which began in one civilization or culture moves to another, it always changes and yet retains a certain identity which remains distinct from the culture in which it came. Now, you've been using the example of Buddhism and that's a particularly good example because it is one of the three great missionary religions in the sense of seeing itself as universalistic in its relevance to humankind. And we have a very clear sequence; about six hundred years in India and then it moves to China, and then six hundred years later it moves to Japan and now a little more than six hundred years later it come to the West.

And our history is clear enough to see

certain discernible modifications as it moves into these cultures. Now the question is, what about coming to the West? Some of the modifications are clearly apparent. In Western practice, men and women are together whereas they were segregated in traditional practice. That's just one example. In spite of modifications, it hasn't become indistinguishable from the culture in which it came.

Now let's talk about the mistakes in making a move, and there frequently can be and are mistakes. Trungpa is a very good example, although mistake may not be the right word when talking about Trungpa Rinpoche. I think that what happened in Trungpa's case was a genuinely grounded and gifted teacher who, in coming to the States, loosened his grounding in the Kagyupa tradition so he became independent. He no longer had the controls that he was used to in terms of his religious mentors.

He was young when he came to the West wasn't he?

He was very young and I just have to write it off to human frailty. The blandishments, the inducements were so powerful and the ties to the Kagyupa relaxed to the point that they no longer had any discipline over him to keep him in line, and it was just too much. You bring in alcohol and other things and he just succumbed. Maybe it would have been expecting too much under the circumstances not to.

He found himself in a culture in which the structure for his monastic training was non-existent.

And that happens time and time again.

It seems another factor in the equation relates to the lack, to a large extent, of a guru/pupil tradition in the West. We are taught that it's important to be self-reliant and we harbor an abiding suspicion of authority. I've heard the Dalai Lama remind people of the Buddha's admonishment to verify truth empirically yourself. He has related that it was typical in Tibet for people to scrutinize a poten-

tial teacher for as much as seven years before making a commitment to the guru/student relationship.

Absolutely. We seem to be so hungry spiritually as a people that we tend to latch on uncritically to something that has an aura of authenticity.

In the past few years we have seen many people explore perfectly legitimate traditions under the auspices of a charismatic teacher—jump in with both feet and be 100% for a period of time and then bail out when this teacher turns out to have human foibles. How can an individual remain enthusiastic and positive about religion or practice and at the same time have their feet on the ground and remain discriminating?

I like Ramakrishna's formulation regarding religion. In his usual folksy way he says, 'Religion is like a cow. It kicks, but gives milk too.' I don't know that we could, if we spent all day, winnow it out any more precisely than that. In other words, there are two sides.

It comes down to a view of human nature. I think that people want and need a sense of orientation—a sense of where they are in the world. Without orientation you have no direction and you need a sense of direction to give you your bearings because *life fires at us point blank*. It doesn't wait, we can't say 'I'm sorry I don't have it figured it out yet. Just hold back and don't require a decision from me today.' It doesn't do that, we have to decide. And with no sense of direction or orientation, how do we make our decisions?

Now, this orientation knows no cutoff point short of the whole. And then we come down to 'Do we belong or do we not?'

Are some people asking 'What do I belong to? In other words, many people are so unsure of how life fits together, or what their role is in the world, that they aren't even sure where to apply for membership. People who are just drifting.

I hear that as a different wording of the same question—I said do we belong or do we not. I forget who asked the question, 'Is the universe friendly?' If we don't belong, that's another way of saying that it's not friendly.

Now the universe is ambiguous, it comes to us in both moods. So therefore, there is no objective stance from which you can decide this question: *Is it friendly or Do we belong?* From that point it comes down to William James—the choice of the most creative hypothesis. Now if I defend religion, it's a narrow squeak between the kicks and the milk it gives. (laughs)

Sometimes the kick is the milk isn't it?

Well that's true. When we come down on the side of religion, we have faith that ultimately it makes sense. So when it comes right down to it, I'm not finally a pragmatist—although you can go a long way, almost to the end—pragmatically.

Okay, if it's ambiguous and it's not going to tell us unambiguously whether it's friendly or not, then it's *up to us* which is the most creative hypothesis. It seems we shouldn't throw in the towel too soon, but press the more creative hypothesis. This I think the traditions do, and I think that's why religion has persisted over two and a quarter million years or however long human beings have been around.

I know a socio-biologist named Edwin Wilson who *hates* religion but as a biologist he had to concede that there seems to be a religious gene in the human make up and he doesn't know how to get rid of it!

The functionalists would say that the reason that anthropologists have found no society that doesn't have a religion is because it has a *function*. It serves a purpose and would have disappeared long ago if it didn't. I believe this to be the creative hypothesis on this particular question.

Now let me see if I'm still on course in terms of your question. It's on those general and maybe minimal lines that I find myself standing up for these traditions. I think there's a danger they'll just go down the drain. If they do, what will take their place when people need to have some sort of orientation?

We have seen people, as I mentioned earlier, that appear to be searching for anything that is seen as an alternative, and giving it validity in their own minds simply because it's an alternative. People take bits of this tradition and bits of that tradition because it seems interesting or exotic. If they see something they don't like, they throw it out! If things get a bit difficult or the practice takes too much time it goes into the garbage. They seem to be attempting to create a narcissistic, 'feel-good' spirituality without enduring the discipline needed to bring the mind under control. Any thoughts on this?

That's true. On this subject Trungpa Rinpoche was very good. In his book *Cutting Through Spiritual Materialism* he coined the term 'Saint Ego.' These people are really worshippers of Saint Ego and if they happen to like something then they decree that it's true. If they don't like it, they declare it not true.

First of all, one has to be compassionate and generous. Who really knows what works for different people. So I wouldn't start going around saying no no no, don't do that. But if you ask me, I don't have a great degree of confidence in a kind of pastiche or cafeteria religion where you pick up this, that, and the other—where you weave your own religious cocoon

around yourself.

We're not the first to face the problems of life and that's where I find an endless wisdom in people who have *endured*—the Jews for example. I also find that when I study the Tibetan teachings to use another example, I find this wisdom that puts Freudian psychology to shame.

I did want to wedge something in here if I might. I have tremendous gratitude for older people who, when I was young, opened their doors to me. Aldous Huxley, one of our great perennial philosophers would invite me in to talk for hours, because the topic was of mutual concern.

Now you, in turn, have become known as a person who is very generous with your time. Without taking up much more of it, I did want to ask you about two spiritual personages and your thoughts about them. I discovered modern Christian mysticism when I found the writings of Thomas Merton. Do you have anything to say about Merton?

Oh yes. It's a moving story. We were both invited to what was pretentiously called a 'Spiritual Summit Conference' in Calcutta. I went at some considerable inconvenience because I was teaching at MIT, but when I saw that Thomas Merton would be there I knew that I would move Heaven and Earth to go.

It was a glorious week. Well, (laughs) conferences aren't glorious—anything *but* glorious. But because of his presence it was so colorful.

I arrived at the hotel and in the evening went down for hors d'oeuvres before dinner and I entered the dining room and there was Merton all by himself. He was alone at a table with his fruit punch and so I went over and right off I had about half an hour with him before anyone else arrived.

I can still remember my first real question I asked him after a couple of preliminaries. I said that I had recognized a very sizable monastic pull in me, but it was also clear that it wasn't for this incarnation. The man/woman thing, family, householder clearly outweighed that other. Nevertheless, it was really there and I was drawn to it and so to come to the point right away I asked him 'What's it like to be a monk?' And his answer really just swept me away, he said 'You know, it's very nice.' (laughs) And my thought was 'Very nice?,' it's about as difficult a 'way' as I can imagine.

Later on, I came across what he said about his three vows. Poverty, he said was a snap—a cinch. Chastity is more difficult but manageable. But obedience is a bugger! And we know from his life how that weighed upon him.

I really liked the guy, he was just wonderful. We ended the week by flying together from Calcutta to Delhi. I was going up to the Tibetans in Northern India at Dharamsala and he was going down to Thailand to his death. (Thomas Merton died on December 10th, 1968, of electrocution after he touched a faulty floor fan after emerging from a shower). Of course we didn't know that.

I still remember that ride to Delhi. He said he always wanted to do this trek from Kathmandu to Pokhara. He said 'Come on, let's do it!' We were fantasizing that I would wire my dean say 'Fire me if you must but I won't be home for another ten days!' And he would cancel his schedule—it was all fantasy, but it was fun.

Did you ever make that trip to Nepal?

Oh yes, but I've never done the trek to Pokhara, I hear it's a seventeen day trip.

I was in Nepal a year ago and really enjoyed myself. The people are very nice and the landscape is breathtaking, although I have to admit that I was troubled seeing the extreme poverty. It reminded me of my own relative affluence as a North American.

I'll throw Mother Theresa's comment into the picture: 'Desperate material poverty in India, desperate spiritual poverty in the West.' It's just one take on the situation, but I think there's a lot of truth to it. Look at the disparity between our potential and what we're doing.

I know that you've met the Dalai Lama, do you have any thoughts you would like to share about him?

(Takes out a picture of himself with his arm around the Dalai Lama) I was on a panel last year at UCLA. They put me on for a half an hour with His Holiness solo which was wonderful, because I've known him for twenty-eight years. The amount of time we've spent together isn't that much, but each time has been so *meaningful*. There have probably been eight meetings over the years.

On the UCLA panel was a psychiatrist who really pressed the Dalai Lama about anger; psychiatrists tend to have a particular 'take' on the subject of anger. When the day was ending in the afternoon, the Dalai Lama had to leave to go to Santa Barbara and we had a half hour wrap up and the chair went around the room to ask our reflections on the day. And I was very interested in the psychiatrist. He said, in effect, 'Incarnations are not my beat, I have a Jewish background, and I tend to be very skeptical. But I have to say that after today, if there is such a thing as a human incarnation, I have come closer to it today than I ever thought I would.'

I can't get over the fact that here is someone who was raised like a king, surrounded by people who are convinced that he is the divine incarnation for Tibet and he has escaped the slightest trace of an ego. He's so human and the combination of the keen intellect and the compassionate heart—you so rarely see these come together.

I would be happy to tell you about my first meeting with him. The first time that I went among the Tibetans I didn't have a visit to His Holiness on my 'shopping list.' I thought that he was too busy and what right do I have asking him for any of his valuable time. The Lamas I met when I was there said 'You're certainly not going home without seeing His Holiness.' And because they said it in such a matter-of-fact way, that idea grew on me very quickly, I very much wanted to.

So I made the trip to Dharamsala. Before I went in to see him, because he's so generous with his time to give me an audience, I resolved to stay no longer than ten minutes, no more. So I spent the ten minutes expressing concern for the people and proposed the idea of him coming to North America—he told me later that I was the first one to propose a trip. Because of problems with our State Department, the trip wouldn't come about for some time.

At the self-allotted ten minutes I stood to give my leave. Even though he was speaking through an interpreter his English was already partly functional and I

over heard him say softly to himself in English 'I must think what is important.' Then he turned to me and said 'Please sit down.' And when I next stood up an hour and a quarter had past—it was the most wonderful morning of my life.

And what had caused that change (staying longer than 10 minutes) was a deception. The calling card that I used when I was traveling in Asia had Massachusetts Institute of Technology under my name and he thought he had a live *scientist* in his living room! We all know about his scientific interest; he wasn't going to miss the opportunity to ask 'What is important' in terms of questions he had about science.

There were two things in which he was particularly interested. He wanted me to fill him in on the 'steady state' and the 'big bang.' And I had just heard a lecture on the 'bang, bang, bang theory' and the Dalai Lama said 'Well, that's the right one.' (laughs) And as a matter-of-fact, the 'steady state' theory has dropped and it's between the other two.

The other subject was DNA. He was sorting out in his own mind the interface between reincarnation and DNA. It was interesting listening to the interpreter trying to get the equivalent of sperm, semen and genes. He finally concluded that it had no bearing on reincarnation; in other words, it didn't undermine reincarnation.

He is always making the point that when science conflicts with religion, one must adapt the scientific position. I think that is a very courageous attitude.

**I like
Ramakrishna's
formulation
regarding
religion.
In his usual
folksy way he
says, 'Religion is
like a cow.
It kicks, but
gives milk too.'**

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It is a very courageous attitude. Again this brings us back to the point on the wisdom traditions. When it comes to the cosmology—the science of it—we don't venerate the tradition on that point, because that's not where its genius lay.

To shift gears a bit, by the time this appears in print, the State of California will have almost certainly executed a human being for the first time in twenty-five years. Despite a crackdown on crime that has our prisons overflowing with criminals, our society seems to be eroding before our very eyes (This interview occurred before the Los Angeles riots). Any thoughts on where we are and where we're headed?

The surface signs seem very dismal, often overwhelmingly so. The question is—'Is that the whole picture?' And my faith is that it is not. One can bring out some countervailing thoughts, but I must acknowledge the fact that in voicing them, I speak from a position of privilege and immense good fortune. To shout from the safe-shore to a drowning person 'Chins up!'—is an insult. And so one has to be mindful of that and take courage from the fact that anything that I say is not just mine, but has been also said by people who were in the valley of the shadow of death when they spoke these things.

Firstly, *when was it ever different?* Sometimes seemingly a little better, sometimes worse. The fourteenth century had the 'black plague' and there were witch hunts where towns put the entire female population to death for being 'witches.'

Now, we have many terrible problems such as in our ghettos where we have poverty beyond belief. But at least we're not sweeping it under the rug *to the extent* that we have in the past. We're beginning to look at it and our affirmations indict us in terms of what we say we believe.

Okay, there's that. Then you can bring in the Indian perspective of samsara always being infinitely removed from nirvana. And it's only those who can find nirvana in samsara that the salvation comes—the society as a whole will never be remade to rival paradise.

If one becomes more abstract, life is like a tapestry which we view from the wrong side. We see all the strands and knots and it makes no sense from the back. But there is a different view of the whole thing to which we are assured someday we will be privy. In the meanwhile, all these knots we have to deal with existentially, the path has been charted—compassion and justice—imbued by vision. And it's up to each individual.

I've wondered if detachment is less important now and action may be more necessary. The leadership in this country has been assumed by people who, in my mind, appear to be anything but spiritually minded—despite what they say about promoting the family, values, and morals. And believe, I'm not just talking about Republicans!

Is the present time really any different? I'm reminded of *The Tale of Two Cities* when Dickens begins with that great line 'It was the best of times and the worst of times.' I confess that tends to ring true. Each time has its challenges and its demands. But when you say for this moment that democracy needs to be spiritually infused—absolutely. There's no qualification in my mind on that.

How is that to be done and if we take it

in terms of contemplation and action, it's absolutely clear to me that the two must be fused. But, not *simple-mindedly*, because there are different modes of action. Who knows the effect it might have on society of just the realization that there are people for whom the spiritual is so important, that they will forego everything else. A little bit like the sannyasin—the image of the sannyasin—they don't do anything

in an overt way, but inwardly there's a magnetic pull on the human spirit of dedication and unswerving single-mindedness.

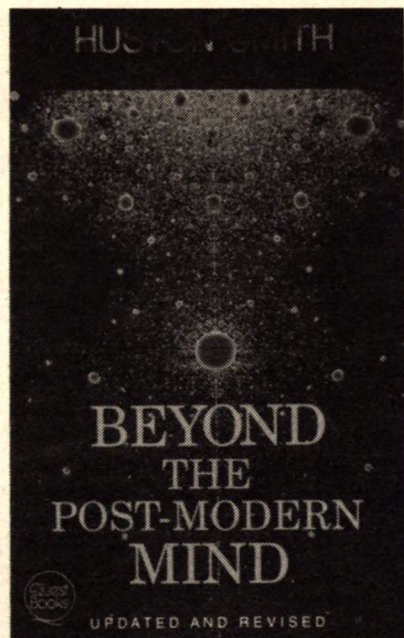
I think we have to be very generous in terms of the various forms that action can take. And political action is a very important one and by and large we should all be involved and doing more than we are. On the other hand, I would be very uneasy

about some people I can think of being involved in making policy decisions—I'd be very nervous! (laughs)

You cannot solve the crucial economic problems in simply economic ways. It's clear that we need to do more, and don't forget simple acts of kindness.

Thank you for being so kind and generous with your time.

Thank you.



Beyond the Post-Modern Mind

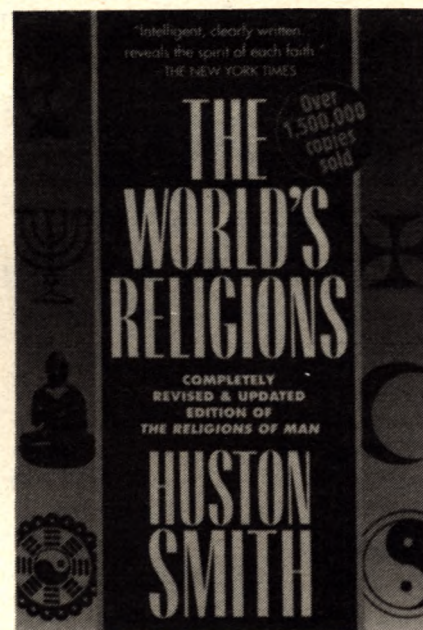
Updated and Revised

By Huston Smith

\$9.95. paper. ISBN 0835606473.

This newly revised edition of Huston Smith's critically acclaimed collection of powerful, anecdotal essays explores the limits of science and points society's way out of the dark woods where science has stranded us. Smith uses the term "modern" mind to denote the so-called Enlightenment outlook of Newtonian physics and rationalism, which cut the ground from under the religious foundations of life. In the "post-modern" age of the late nineteenth and twentieth centuries, people have lost their humanistic confidence. Although science may have won a battle over religion, it has in the process undermined its own empirical foundation; and having destroyed confidence in intuitive revelation, the mind is (as H.G. Wells once suggested) "at the end of its tether." Despite the ravages of analytical philosophy and existentialism, Smith feels there is a fundamental view of reality that flourishes throughout the world under various disguises. The uneasy post-modern mind, Smith says, awaits discernment of a new metaphysics.

Beyond the Post-Modern Mind was first published in 1982, and already is considered a classic in its disciplined analysis of contemporary reductionist philosophy. A substantial new introduction to this edition updates it to relate to the post-modernism of the 1990s. A form or essay on metaphysics is replaced by one that takes its critics—especially Deconstructionists—into account. Also new is an essay that asks how we human beings got here. Are we the "more who have derived from the less" as Darwin argues, or "the less who have derived from the more" as the theists believe. *Quest Books*



The World's Religions

A Completely Revised and Updated Edition of The Religions of Man

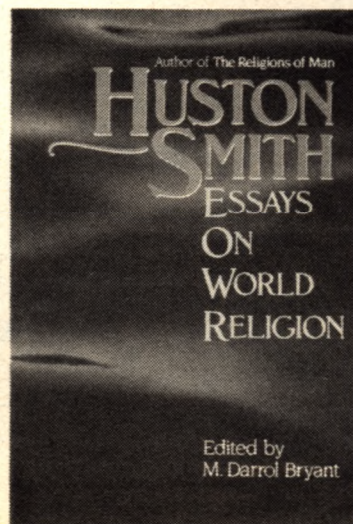
By Huston Smith

\$10.00. paper. ISBN 0062508113.

This is a completely revised and updated version of Huston Smith's *The Religions of Man*, a book we've recommended over the years as an excellent introductory work.

This new version has been deepened and enhanced by thirty years of additional teaching and study by the author, who is widely regarded as the most assessable contemporary authority on the history of religions. In addition to detailed chapters on Hinduism, Buddhism, Confucianism, Taoism, Islam, Judaism, and Christianity, this edition features expanded sections on the inner dimensions of these great religious traditions, with fresh emphasis on Tibetan Buddhism, Sufism, and the teachings of Jesus. Included also is a new chapter on the symbolically rich primal religions of the Americas, Australia, Africa, and Oceania.

This classic remains an informative and fascinating presentation of both the differences and similarities in world-wide religious traditions. *HarperSanFrancisco*



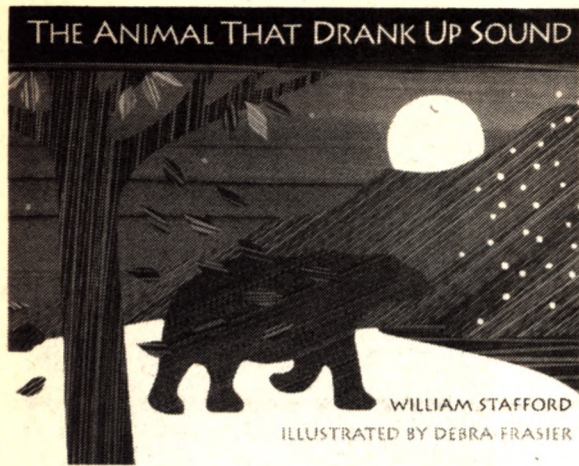
Huston Smith: Essays On World Religion

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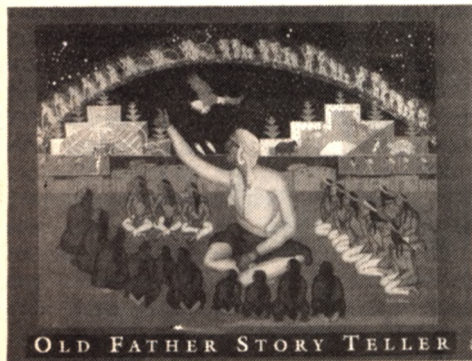


The Animal That Drank Up Sound
By William Stafford, Illustrated by Debra Frasier
\$13.95. cloth. ISBN 015203563X.

An animal that walks the land, drinking up summer's green sounds, "the croak of toads, and all the little shiny noise grass blades make." In his footprints, winter falls. What will bring the sound back?

Step into the heart of winter in this book where the moon owns the Earth, and the spring's return seems impossible. But of course it will return—always—though it may begin with the smallest signs.

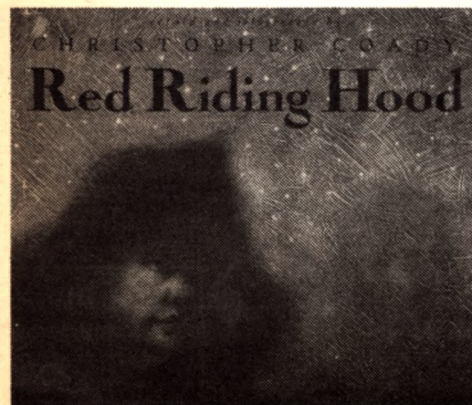
Watch for them. They're out there, waiting, just as poet William Stafford and artist Debra Frasier have promised. *Harcourt Brace Jovanovich*



Old Father Story Teller
By Pablita Velarde
\$24.95. cloth. ISBN 0940666103.

As a child at her native Santa Clara Pueblo, near Santa Fe, New Mexico, Pablita Velarde heard the legends of her people told by her grandfather and great-grandfather. Now recognized as one of the greatest American Indian woman artists, she has selected six of the most memorable of these tribal stories for her book *Old Father Story Teller*.

These legends are simply written, much as Pablita related them to her own children when they were young. She has illustrated each story with the natural earthtone paintings that have gained her national and international renown. Her illustrated legends reveal the artist at her best, in a book that will delight young and old alike. *Clear Light Publishers*



Red Riding Hood
Retold and Illustrated by Christopher Coady
\$15.00. cloth. ISBN 0525448969.

A classic tale is newly cast in dark tones by a brilliant young artist. Aiming at a different audience than the usual readers of fairy tales, Christopher Coady paints his Red Riding Hood in a world beset with shadows, where fear is palpable and punishment for carelessness absolute. He bases his story on the Perrault version of the tale, where the wolf is victorious, the girl lost. It is art—intense color applied with thick, slashing strokes, rich with shading—that draws us in.

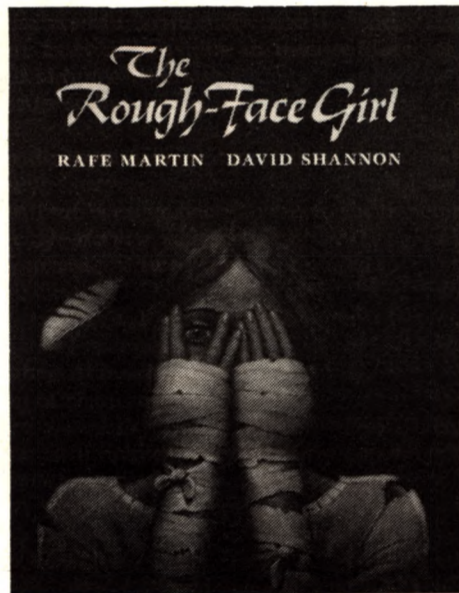
This striking book will provide readers with a powerful lesson and a lasting memory. *Dutton Children's Books*

The Rough-Face Girl
By Rafe Martin, Illustrated by David Shannon
\$14.95. cloth. ISBN 0399218599.

In a village on the shores of lake Ontario lived an invisible being. All the young women wanted to marry him because he was rich, powerful and supposedly very handsome. But to marry the invisible being the women had to prove to his sister that they had *seen* him. And none had been able to get past the sister's stern, all-knowing gaze.

Then came the Rough-Face girl, scarred from working by the fire. Could she succeed where her beautiful, cruel sisters had failed?

From Algonquin folklore comes one of the most haunting, powerful versions of the Cinderella tale ever told. *G.P. Putnam's Sons*



Savitri
A Tale of Ancient India
By Aaron Shepard, Illustrated by Vera Rosenberry
\$15.95. cloth. ISBN 0807572519.

The princess Savitri is so beautiful that



people think she is a goddess. But it is her mind and heart, not her beauty, which make her a heroine.

When she finds a man worthy to wed her, no one can sway Savitri from her heart's path—not even Yama, the god of death. Savitri pursues him as he carries her husband's spirit to his kingdom. It is, finally, Savitri's cleverness that wins back her husband's life.

This dramatic retelling presents a classic tale of courage, love, wit, and will from India's national epic, *The Mahabharata*.

Vera Rosenberry's ornate and powerful illustrations combine with the text to bring young readers the flavor of a rich and ancient culture. *Albert Whitman & Company*

THE SLEEPING BREAD

Text by Stefan Czernecki & Timothy Rhodes. Illustrations by Stefan Czernecki.



The Sleeping Bread
By Text by Stefan Czernecki & Timothy Rhodes, Illustrations by Stefan Czernecki
\$14.95. cloth. ISBN 1562821830.

The Sleeping Bread was influenced by many long trips to Mexico and South America. The story is set in Guatemala where Stefan and Timothy were part of the daily life and observed many village festivals. Fascinated by the scenery, the people, the folklore, the authors became involved in the rich culture and this book is an expression of their delight.

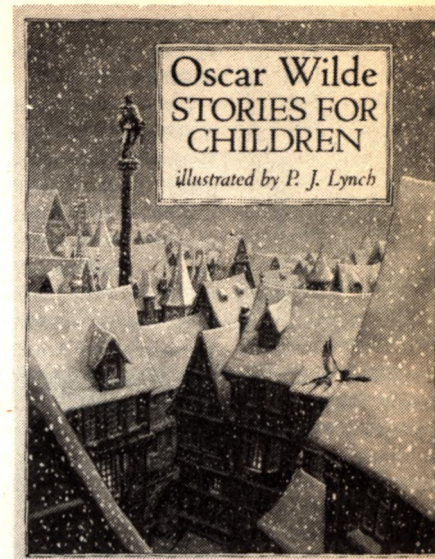
The simple and direct language of the story involves a baker named Beto and his concern about bread that will not rise. The sleeping loaf is threatened, yelled at, poked and prodded, and prayed over, but it remains flat and unresponsive. Can anyone offer a solution to the problem? As the story unfolds we learn that the answer involves an old beggar with blue eyes.

The illustrations complement the story and add another dimension. The reader is able to enter the life of the village. The meticulous detail of the illustrations show us growing fields, homes, and inhabitants. The beggar's fate and the town's triumph enrich us all. *Hyperion Books for Children*

Stories for Children
By Oscar Wilde, Illustrated by P.J. Lynch
\$14.95. cloth. ISBN 0027927652.

When Oscar Wilde's stories for children were first published in 1888, they achieved instant success. Their unique lyricism and sensitivity, combined with Wilde's humor, have ensured that, for successive generations, their appeal has never diminished.

In this superb edition, six of Wilde's most popular stories for children have been selected and illustrated with exquisite, full-color paintings by P.J.



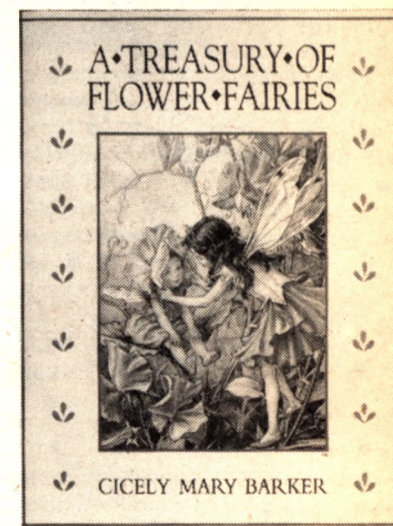
Lynch. The stories are written in richly contrasting tones and styles: the poignancy of "The Happy Prince" and "The Nightingale and the Rose"; the sharp humor of "The Remarkable Rocket" and "The Devoted Friend"; the moving sentiments of "The Selfish Giant" and "The Young King."

Each story is illustrated with imaginative watercolor, each providing a vivid and haunting accompaniment to the text. This is very special gift book will entertain and enchant children for years to come. *Macmillan Publishing Company*

A Treasury of Flower Fairies
By Cicely Mary Barker
\$19.95. cloth. ISBN 0723237964.

In 1923 Cicely Mary Barker's first book, *Flower Fairies of the Spring*, was published. Its immediate success led to the addition of more titles until, twenty-five years later, Cicely had completed a series of Flower Fairy books. With each new book, Cicely grew in artistic confidence although from the first her accuracy of botanical detail and the delicate charm of her young fairies captivated both children and adults alike.

This beautiful treasury contains a selection of some of her best-loved Flower Fairy illustrations.



tions with their informative poems. The enlarged format of the watercolor illustrations are reproduced from the recently re-originated printing plates so that their delicacy and detail can be seen to the finest advantage and Cicely's skilled craftsmanship as an artist can be fully appreciated. *F. Warne & Co.*

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Into the Heart



Amazon Beaming
By Petru Popescu
\$25.00. cloth. ISBN
0670829978.

Loren McIntyre, well-known *National Geographic* photographer and writer, explored the Amazon for forty years. In 1971 he located the giant river's ultimate source in the snow-covered Andes

of Peru. This feat, attempted by many explorers before him, is one of the century's great adventures of discovery.

McIntyre's quest for the source has a deeper dimension—one he has previously been unwilling to disclose in public. Making "first contact" with a tribe of Mayoruna, also known as the "cat-people," McIntyre was kidnapped by the tribe and found himself communicating telepathically with the head shaman, a phenomenon he could not believe until later events confirmed his perception. Bound to the tribe through those communications, McIntyre was drawn into their attempt to reach "the beginning of time," thus escaping the perils of the twentieth century. McIntyre's search for the Amazon's source was profoundly affected by his experience with the Mayoruna—his partaking of their "tribal memory" and vision of the Amazon basin's past.

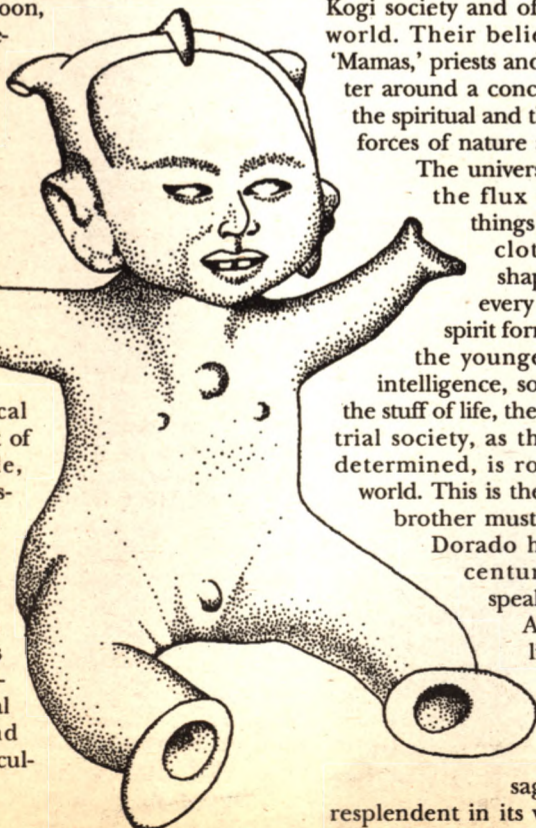
This extraordinary tale of physical danger, scientific enigma, and self-discovery would have remained untold were it not for novelist Petru Popescu's fortuitous 1987 encounter with McIntyre in Manaus, Brazil, deep in the heart of the Amazonian jungle. He persuaded the explorer to share the full dimensions of his story and took on the task of storyteller. Three years of work led to the completion of this astonishing account—one not only of adventure as we commonly understand it but of a skeptical scientist's discovery of profound mysteries of the mind. *Viking Penguin*

At Play in the Fields of the Lord
By Peter Matthiessen
\$11.00. paper. ISBN 0679737413.

In a malarial outpost in the South American rain forest, two misplaced gringos converge and clash. Martin Quarrier has come to convert the fearful and elusive Niaruna Indians to his brand of Christianity. Lewis Moon,

a stateless mercenary who is himself part Indian, has come

to kill them on the behalf of the local *comandante*. Out of their struggle, Peter Matthiessen has created an electrifying moral thriller, a novel of Conradian richness that explores both the varieties of spiritual experience and the politics of cultural genocide. *Vintage Books*

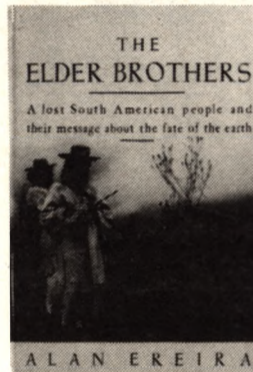


Christopher Unborn
By Carlos Fuentes
\$12.95. paper.
ISBN 0679732225.

This book is Carlos Fuentes's crowning achievement, a satirical masterwork chronicling the history of twentieth-century Mexico.

Mexico, 1992: black acid rain falls on "Makesicko City," the most polluted, most populated place in the world, where street gangs terrorize the city and the government sells off pieces of the debt-ridden country while trafficking in drugs. Amid this apocalyptic landscape, a great prize is being offered to the first child born on the five hundredth anniversary of Columbus's discovery of America. That child is the narrator, Christopher, whose conception and birth bracket the novel. By turns savage, shrewd, despairing, and passionate, *Christopher Unborn* is a triumphant play of language, political satire, and myth-making—a monument of literary invention. *Vintage Books*

The Elder Brothers
*A Lost South American People
& Their Message About the Fate of the Earth*
By Alan Ereira
\$23.00. cloth. ISBN 0679406182.



Combining travel and anthropology, spirituality and ecology, *The Elder Brothers* is the story of Alan Ereira's discovery of the Kogi—the last surviving high civilization of pre-Columbian America, who for centuries have maintained their isolation in the mountains of Colombia—and his initiation into their society and metaphysics. The Kogi view themselves as the elder brothers of the human race, the repository of arcane knowledge and guardians of life on earth. Among them, an ancient priesthood still rules. They view the earth as mother of all life, and see modern civilization ("the younger brother") throwing the world hopelessly awry with its strip mines and deforestation, nuclear weapons and river dams.

The Elder Brothers is the account both of Kogi society and of their message to their world. Their beliefs, elucidated by the "Mamas," priests and keepers of legend, center around a concept of balance: between the spiritual and the material, between the forces of nature and the actions of man.

The universe is informed by *aluna*, the flux that runs through all things as thread runs through cloth. We live in a world shaped by spirit; every tree, every stone, every river has a spirit form that is, alas, invisible to the younger brother. Embracing intelligence, soul and fertility, *ahuna* is the stuff of life, the essence of reality. Industrial society, as the Kogi have gradually determined, is rotting the heart of the world. This is their warning: the younger brother must stop. The people of El Dorado have spoken across the centuries and they will not speak again.

An adventure story, a brilliant portrait of a pristine and sophisticated people, a glimpse into pre-Columbian America and an urgent message—*The Elder Brothers* is resplendent in its variety and clarity, both timely for our constantly accelerating society

and, ultimately, timeless in its humane and universal vision.

The Fifth Sun
Aztec Gods, Aztec World
By Burr Cartwright Brundage
\$11.95. paper.
ISBN 0292724381.

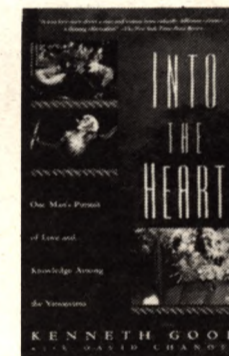


The ancient Aztecs dwelt at the center of a dazzling and complex cosmos. From this position they were acutely receptive to the demands of their gods, who had a peculiar bent toward demonism and darkness.

The Fifth Sun represents a dramatic overview of the Aztec conception of the universe and the gods who populated it—Quetzalcoatl, the Plumed Serpent; Tezcatlipoca, the Smoking Mirror; and Huitzilopochtli, the Southern Hummingbird. Burr Cartwright Brundage explores the myths behind these and others in the Aztec pantheon in a way that illuminates both the human and the divine in Aztec life.

The cult of human sacrifice, cannibalism, the use of hallucinogens, the calendars, *tlachtli* (the life-and-death ball game), the flower wars, and the evolution of the war god of the Mexica are among the topics covered in this vivid and highly readable introduction to Aztec religion. *University of Texas Press*

Into the Heart
*One Man's Pursuit of Love
and Knowledge Among the Yanomama*
By Kenneth Good
with David Chanoff
\$12.00. paper. ISBN 067175856X.

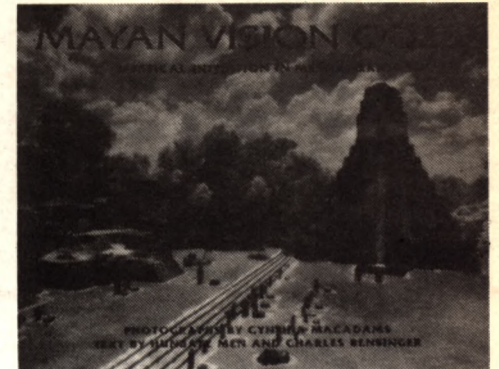


Kenneth Good first traveled deep into the heart of the Amazon rain forest to study the Yanomama, one of the last Stone Age tribes on earth. He ended up staying for twelve years and finding a deeper truth about them, and about himself. *Into the Heart* is the absorbing true story of how he came to know the Yanomama intimately. It is the most vivid, intense account ever of the life of a rain-forest people by a Westerner who was accepted into the tribe as no other had been before. But it's also the moving story of how Good fell in love with Yarima, a young Yanomama woman. The story of their struggle to preserve their love across an almost impassable cultural gap makes this a unique and unforgettable book. *Simon & Schuster*

Lost Cities & Ancient Mysteries of South America
By David Hatcher Childress
\$12.95. paper.
ISBN 093281302X.

Rogue adventurer and maverick archaeologist, David Hatcher Childress, takes the reader on unforgettable journeys deep into deadly jungles, windswept mountains, and scorching deserts in search of lost civilizations and ancient mysteries. Childress explores stone cities high in mountain forests and fantastic tales of Inca treasure, living dinosaurs, and a mysterious tunnel system. Whether he is hopping freight trains, searching for secret cities, or just dealing with the daily problems of food, money, and romance, the author keeps the reader intrigued. Included are both early

and current maps, photos and illustrations, and plenty of advice for the explorer planning his or her own journey of discovery. *Adventures Unlimited Press*

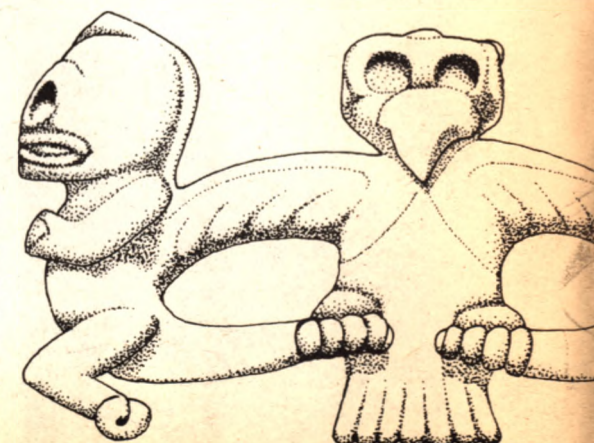
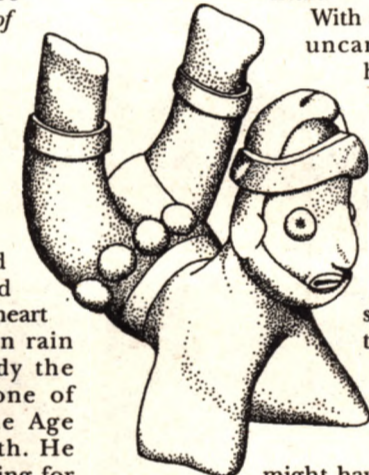


Mayan Vision Quest
Mystical Initiation in Mesoamerica
Photographs by Cynthia MacAdams;
Text by Hunbatz Men and Charles Bensinger
\$16.95. paper. ISBN 0062505653.

Renowned photographer Cynthia MacAdams takes us, in the words of Charles Bensinger, "through the Mayan time tunnel into a world at once profoundly alien, spectacularly beautiful, and eminently tantalizing." These beautiful black-and-white photographs of the great Maya cities—preserved to this day in "the hot, emerald womb of the Mesoamerican jungle"—represent MacAdams' own "shaman's journey into the Mayan heart."

With a stunning, at times uncanny sensitivity to her subject, MacAdams' lens vividly captures the Maya's devotion to balance and harmony and their unique integration of time, place, art, science, sexuality, and spirituality. Her use of infra-red film energizes the stones and vegetation as they might have appeared to the Maya Priests and priestesses themselves. These amazing ruins are both the emblem and the code of a people who pursued the incredibly complex scientific, mathematical, and cosmological subtleties of the universe and the human psyche.

Complemented by text written by Hunbatz Men, a noted authority on Maya civilization and founder of the Maya Indigenous Community near Merida, Mexico, and Charles Bensinger, the author of *Chaco Canyon Journey*, *Mayan Vision Quest* is a unique synthesis of photography, archaeology, and mysticism that illuminates the history, enigma, and present-day power of these ancient Mayan ceremonial sites. *HarperSanFrancisco*



o f t h e A m e r i c a s

Mexico Mystique

The Coming Sixth World of Consciousness

By Frank Waters

\$12.95. paper. ISBN 0804009228.

Ancient myths from every corner of the earth tell that the world has been destroyed and recreated four times by terrestrial catastrophes, and that each time, humanity enters a higher stage of consciousness after experiencing an accompanying psychic transformation. The cataclysmic rumbles now taking place in the human spirit everywhere on our present Fifth World are signs that we are already beginning to enter the new Sixth World.

So speculates Frank Waters in *Mexico Mystique*. In it he draws us to the pulsing heart of Mexico, into its ancient but still living myths. To reveal the hidden meanings of these myths with their strange and wonderful symbolism, Frank Waters brings to bear his gift for intuitive imagination as well as a broad knowledge of anthropology, Jungian psychology, Eastern and esoteric religions, and even astrology. *Swallow Press*

Peyote Hunt

The Sacred Journey of the Huichol Indians

By Barbara G. Myerhoff

\$9.95. paper. ISBN 0801491371.

Victor Turner, in his foreword, explains that "*Peyote Hunt* contributes to our proliferating knowledge of Man the Pilgrim. The hunt, the voyage, the search, the quest are genres of cultural action as well as literary themes...What is often implicit in the pilgrimage beliefs of major historical religions is explicit among the Huichol Indians. Barbara Myerhoff made the 'peyote pilgrimage' with them. In her book she shows how they travel in small, irregularly collected parties to Wirikuta, a high desert several hundred miles from their habitat in the Sierra Madre Occidental. The Huichols believe that Wirikuta is their original homeland, the place once inhabited by the First People, both deities and ancestors, with animal and cosmic traits. In Wirikuta, according to Huichol mythology, divisions dissolve between sexes and ages, leaders and led, men and animals, plants and animals, men and demigods. Myerhoff shows in detail how three complexes of symbols, focused respectively on the dominant symbols, deer, maize, and peyote, become functionally interdependent, and, for the Huichols, even seem to fuse, at Wirikuta. The deer designates the Huichols' past as nomadic hunters, the maize their present as sedentary cultivators, and the peyote the incommunicable 'idiverse' of each individual. Identified by name as the First People, the pilgrims 'hunt' the peyote in Wirikuta in the form of 'deer prints,' shoot the plant's 'button' (identified with the budding antlers of the deer demigod who gave them the sacred hallucinogen 'in the beginning'), consume peyote together, and quickly return home with sufficient supplies for use in the coming year's ceremonies.

"Many books have recently been published

on the effects of hallucinogenic agents on personality and culture. Myerhoff's book differs significantly from most in that it treats peyote among the Huichols as only one constituent, though a most vital one, in their ritual complex. Its power is regarded as a divine gift, a sacred trust; the visions it gives are not to be spoken of. They are of and for the inmost self. Though the plant may be consumed in common, there is no communion; each has his own vision."

Dr. Myerhoff, in her text, says that she interprets "the journey to Wirikuta as a prototypical ritual—a return to Paradise, a journey back to human origins, a retrieval of man's beginnings, before Creation, when all was oneness. The desire to recover this original condition is found in many cultures, sometimes stated in mythical, sometimes in religious, and sometimes in psychological terms. The peyote hunt provides one version of the fulfillment of a pan-human quest—the desire for total unity among all creatures and all people—and accordingly we find in it significance beyond the specificity of Huichol religion and world view." *Cornell University Press*

Popol Vuh

The Mayan Book of the Dawn of Life

Translated by Dennis Tedlock

\$10.95. paper. ISBN 0671617710.

The Popol Vuh, the Quiche Mayan book of creation, is one of the extraordinary documents of the human imagination and the most important text in the native languages of the Americas. It begins with the deeds of Mayan gods in the darkness of a primeval sea and ends with the radiant splendor of the Mayan lords who founded the Quiche kingdom in the Guatemalan highlands. Originally written in Mayan hieroglyphs, it was transcribed in the Spanish alphabet in the sixteenth century. This is the first unabridged English edition of the work, in Dennis Tedlock's widely praised translation, with a full introduction and commentaries on the text. *Simon & Schuster*



Rio Tigre and Beyond

The Amazon Jungle Medicine of Manuel Cordova

By F. Bruce Lamb

\$14.95. paper.

ISBN 0938190598.

"Fulfilling Manuel Cordova's promise of another story, F. Bruce Lamb's *Rio Tigre and Beyond* recounts

an unparalleled Amazonian adventure, completing the life story of Manuel Córdova Rios who at the very beginning of this century was abducted by Native American tribals to be trained as their new shaman. Here he remembers the rest of his life, a series of mis-

sions and adventures guided by his pre-Columbian training but in the context of the upper Amazonian Peruvian river city of Iquitos, in a world intricately changed by its millennial contact with the imported Colombian civilization. *North Atlantic Books*

Illustrations By Kathlyn Powell

Running the Amazon

By Joe Kane

\$9.95. paper. ISBN 067972902X.

The voyage began in the lunar terrain of the Peruvian Andes, where coca leaf is the only remedy against altitude sickness. It continued down rapids so fierce they could swallow a raft in a split second. It ended six months and 4,200 miles later, where the Amazon runs gently into the Atlantic. Joe



Kane's personal account of the first expedition to travel the entirety of the world's longest river is a riveting adventure in the tradition of Joseph Conrad, filled with death-defying encounters: narco-traffickers, Sendero Luminoso guerrillas, and nature at its most unfor-

giving. Not least of all, this book shows a polyglot group of urbanized travelers confronting their wilder selves, their fear and egotism, and their selflessness and courage. *Vintage Departures*



Shabono

A Visit to a Remote and Magical World in the South American Rainforest

By Florinda Donner

\$10.00. paper.

ISBN 0062502425.

Shabono—the name for the hamlets of palm-thatched dwellings where the Yanomama Indians of Venezuela and southern Brazil live—recounts the vivid and unforgettable experience of anthropologist Florinda Donner's time with an indigenous tribe in the endangered rain forest. This book dramatically documents the daily life and mysterious rituals of a disappearing people. *HarperSanFrancisco*

Witch Doctor's Apprentice

Hunting for Medicinal Plants in the Amazon

By Nicole Maxwell

\$12.95. paper. ISBN 0806511745.

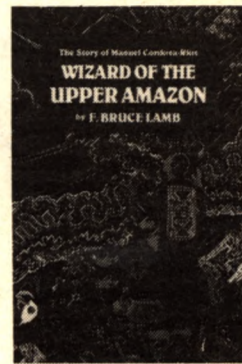
When Nicole Maxwell first visited the Amazon more than forty years ago, she had no idea that she would make a life's work of the people, plants, and lore to be found there. Decades before Americans became aware of the riches to be found in the knowledge of plant medicines which native shamans had passed down over thousands of years, Ms. Maxwell, a Fellow of the Royal Geographical Society, was scouring the Amazon rain forest for clues to this ancient medical tradition.

Now, on the eve of the decade in which mankind will have its last chance to determine the fate of this region and its wealth of traditional knowledge, the newly revised edition of this classic work is made available. Long hailed as one of the major works of popular ethno-medicine, this book is both an engaging adventure story and an engrossing account of the traditions of plant medicine to be found among the tribes of Amazonia—and its re-release could not be more timely.

Scientists now fear that one plant species per day is being made extinct by man's ravenous appetite for "progress." Of the plants which are found only in the Amazon rain forest, only a tiny percentage have been

tested for their full medical possibilities. This work is an inspiring and amusing plea to modern civilization to save these plants—and the people who know how to use them—before they are destroyed forever.

The author has created an appendix that catalogs all of the plants mentioned in the text, their scientific names, the names by which they are known locally, and their medicinal uses. This edition also includes a new introduction by the noted ethnobotanist Terence McKenna. *Citadel Press*



Wizard of the Upper Amazon

The Story of Manuel Cordova-Rios

By F. Bruce Lamb

\$12.95. paper.

ISBN 0938190806.

"*Wizard of the Upper Amazon* is an extraordinary document of life among a tribe of South American Indians at the beginning of the century....In a

matter-of-fact tone Cordova tells how he learned the lore of the forest and the Amahuaca directly from the visions that followed upon drinking the *ayahuasca* extract. He also describes vividly his repeated experiences of shared consciousness with his captors: group vision sessions in which all participants see the same visions simultaneously."—Andrew Weil, from the Introduction. *North Atlantic Books*

Tarot



Xultun Tarot

The Maya Tarot Deck

Created by Peter Balin

\$13.95.

ISBN 0914794337.

The Xultun Tarot deck is based on the imagery of the ancient Maya with card titles in five languages—English, French, German, Italian, and Spanish. It's a full 78 card Tarot deck with

an easy to use instruction booklet. *Arcana Publishing Co.*

The Flight of Feathered Serpent

By Peter Balin

\$13.95. paper. ISBN 0910261016.

Peter Balin, the painter of the Xultun Tarot deck, has written a book about the tarot and the Maya Indians' view of the world. This is the companion book to the Xultun Tarot. *Arcana Publishing Co.*

Music

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Music of the Andes

By Inkuyo

\$9.98. cassette. ISBN 9990113785.

\$17.98. CD. ISBN 9990113777.

This group of four musicians—three South Americans and one Californian—has put together an outstanding collection of authentic music of the Andes. Playing panpipes, flutes, guitar, harp, mandolin, and other traditional instruments, they perform songs that celebrate daily life as well as pieces for sacred ceremonies. From the penetrating sadness of a slow *Yaravi* sung to an absent lover to the lively, bright *Carnavals* played in celebration of the harvesting season, this ethereal music reflects the beauty and harmony of life in the Andes.



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— Jorge Strunz & Ardeshir Farah

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Américas

"A CELEBRATION OF FIVE CENTURIES OF SPANISH GUITAR IN THE AMÉRICAS"

BY MARK KENASTON

True to form, Strunz & Farah have delivered a stunning follow-up to *Primal Magic*, Billboard Magazine's 1991 "World Music Album of the Year." *Américas* is an aural mosaic that blends the best musical elements from several hemispheres—the heat of African/Cuban rhythms that simmer with movement and sensuality; the blast-furnace melodies of Spanish gypsies, and the infectious optimism of the rhumba—a music/dance form created by an enslaved people determined to express themselves, despite chains, through the universal human language of music and dance. This is truly a 'world music' that engages, challenges, and above all, celebrates the breadth and diversity of a planet that has truly become a global community. I met with Jorge Strunz and Ardeshir Farah in Strunz's Los Angeles home several weeks before the release of *Américas*. We talked about their new album, the rhumba as a dance and music form, and the cultural context of their music.



Is *Américas* an extension of *Primal Magic* or what has become known as your "rhumba project?"

Strunz: It is an extension of *Primal Magic* to an extent, although we do 'stretch the envelope' a bit.

I've heard Jorge say that rhumba is subversive because it makes you dance. Is rhumba something that people should be afraid of?

Farah: Hopefully not.

Strunz: Yes, it's addictive! (laughter)

Is there a twelve-step program yet? Seriously, can you give us a quick summary of the rhumba and where it originated?

Strunz: You have to realize that rhumba is a large category...

Farah: Kind of like the "blues." You have the four bar blues and mutations such as South Chicago blues...

And you guys play L.A. rhumba?

Strunz: There it is, we've been nailed. Seriously, the rhumba is an Afro-Cuban dance form and it's a 4/4 form with many, many variations. Originally it was a step that the slaves did when they were chained, and as you can imagine they couldn't dance very far so this step was developed. The dance still holds the same basic foot pattern, it's still very much in place today for all the basic rhumbas.

Strunz: Rhumba remains a thriving and eternal form, and there's a new variation on it every ten years or so. In this way it evolves into a contemporary form—it's a self-generating music. And it's one of the great dance-rhythms of the planet.

When I heard the title of the new record is *Américas*, I made a crack, something like "There's more than one?" All joking aside, is there an existential message here?

Strunz: There is more than one America obviously. I'm from one of these different parts—Latin America. I feel, as many Latin Americans do, that the *Américas* are a whole hemisphere and that's just a fact of life. Whether people are educated to that or not, that's the way it is.

STRUNZ & FARAH Américas



Which they're not really. You say 'America' and for most people that equals the United States.

Strunz: I think most people realize that there is a South and Central America—I know that ignorance reigns supreme, but my God, everyone's heard of South America haven't they?

I think so. (laughter) But you know what I

mean, there's an assumption.

Strunz to Farah: You heard of South America in Iran in the fifth grade right?

Farah: Of course, but I do remember thinking 'Why are there two Americas on the map, but when they say America, they're only talking about...'

The United States? When people say 'I'm going to America, again there's an assumption.'

Strunz: And yet everybody knows that Columbus discovered the Americas. Where did Columbus land? He landed on what's now the Dominican Republic, he landed in

Cuba, he landed in Costa Rica, and he landed throughout the Caribbean.

And the whole time, the poor guy thought he was in India!

Strunz: And he did practically until the day he died. (laughter)

This guy was out of it.

Strunz: He was out of it. Couldn't navigate but...

He had a boat.

Strunz: He had a boat and knew how to sail it. (laughter)

Strunz: Getting back to the point, we all felt that the title should be inclusive of Latin Americans also, who have a lot to do with the sound of the record and the rhythmic foundation. It's very much based on Latin American ideas.

Keep in mind that this includes North Americans too. After all, the music was born here in L.A. We're all living here, even though Ardeshir's from Asia, Paul Tchounga is from Africa, etc. In other words, we're all living here, but we have roots in many different places.

Part of the American dream is the concept of many peoples coming from different countries and generating new art with their new

lives—for the future.

Luis Perez collaborated with us on the title cut which is largely about the American Indian. We acknowledge that the Indian has suffered at the hands of the colonial powers—the Spanish or English or what have you—but it's not too late to celebrate their achievements and recognize their contributions. Don't forget that they kept the *Américas* pristine, and lived in balance with nature for twenty or thirty thousand years, without any overpopulation problems.

*Indio y naturaleza son
símbolo de las Américas
Nace una nueva generación
Del Vientre de las Américas*

*Indian and Nature are
A symbol of the Américas
A new generation is born
From the womb of the Américas
—From the title track 'Américas'*

I think Western man should be looking to the Indian and asking 'What is the intuition of the Indian for balancing with nature?' You put a thousand Indians in a place and a thousand years later there aren't many more than a thousand. You put a thousand white men in a place and all of a sudden you've got L.A.!

We're trying to bring that into focus in our own small way, and at the same time we're saying let's celebrate this year 1992. In spite of everything it's a great human experiment that's going on. That's the idea of the title *Américas*. And what Ardeshir and I have done is a statement on the guitar—a celebration of 5 centuries of Hispanic guitar in the *Américas*.

Strunz: I don't want to sound too pessimistic or negative, there are many good things that have come about. Technology can be used to enrich our lives. On the other hand, there's a lot to clean up.

Thanks for being so generous with your time, we look forward to seeing you at the *Américas* signing at the Bodhi Tree on May 30th.

Strunz & Farah: Thanks, we'll be there!

■ Strunz & Farah will be at the Bodhi Tree on May 30th. 3-5 p.m. to sign their new album *Américas*.

MORE STRUNZ & FARAH ON CD & CASSETTE



Primal Magic

Without sacrificing their artistic vision, Strunz & Farah have reached a much wider audience with their album *Primal Magic*, Billboard's 1991 "World Music Album of the Year." Afro-Cuban rhythms provide the fuel for these melodic flights to the Amazon rain forest and other vistas in the imagination. Featured artists include violinist Charlie Bisharat and percussionist/vocalist Luis Perez Ixonextli. \$15.98. CD. ISBN 9990116067. \$9.98. Cassette. ISBN 9990115036.


Mosaico

Strunz and Farah's first album. Highlighted are the energetic rhythms and guitar wizardry that have become the duo's trademark. The band is joined on selected pieces by renowned violin virtuoso L. Subramaniam and Kuwaiti guitarist Omayya Alghanim.

\$17.98. CD. ISBN 9990130531.

\$9.98. Cassette. ISBN 9990130558.





PSYCHOLOGICAL roots

of the environmental crisis

by peter russell

At its root, the crisis of our times is not so much an environmental crisis, an economic crisis, a population crisis, or a political crisis; it is in essence a consciousness crisis—a mismatch between our psychological development and our technological development.

Consider a person who has fallen sick. His skin may be erupting in boils; he may have pains in the stomach and be running a fever. A doctor who merely gave the person ointments, pain relievers and something to suppress the temperature would not be considered very wise. Clearly, true healing requires that, in addition to treating the various symptoms, one must also look more deeply at what underlies them. Perhaps a foreign bacterium is present; maybe there is vitamin deficiency; or possibly the person's emotional state is responsible. If the roots of the symptoms are not also attended to, then it is almost certain that the sickness will reappear, possibly in other forms.

Similarly with humanity. Our lack of respect for Nature, our short-term thinking, and the damage we have caused to the biosystem, are all symptoms of some deeper underlying problem. We certainly need to clean up our act, but if we do not also look to the root cause of our inappropriate behaviors, then it is very possible that it will erupt in other symptoms.

So the question we should ask is: What is the root of our environmental crisis? How is it that one species out of millions can disrupt the natural balance in so many ways and with such dire consequences? In other words, what makes humanity so sick?

A PLANETARY CANCER?

In some respects we resemble a planetary cancer. Cancers can reproduce very fast, and without any regard for other organs around. Cancer cells are essentially selfish cells, fulfilling their own needs at the expense of the organism as a whole. They are a part of the body, yet in many respects behave as if they were completely separate. They are also very stupid cells, destroying the very system on which their existence depends.

The parallels with humanity are not hard to see. Our population has been growing very rapidly, with little regard for the environment. Our own needs, or apparent needs, usually take precedence over those of our surroundings. We are a part of the biosphere, and totally dependent upon it, yet we behave as if we were apart from the deserts of sand and concrete. We let our toxic wastes flow out into the environment, poisoning other species with hardly a blink. Moreover, we too are very short-sighted, for if we continue we may well destroy the biosystem, and hence ourselves.

Some believers in the Gaia hypothesis have suggested that if the planet does take care of herself, adjusting to changes in atmosphere, oceans and soil, so as to preserve the optimum conditions for continued life, then she will be able to adjust to humanity, and evolve means to deal with pollution and the other damage we have created. Our increased carbon dioxide out-

put, for example, might be compensated for by an increase in marine micro-organisms which absorb the gas, leading back to a state of balance.

Such a view is dangerous for two reasons. Firstly, our rate of devastation is probably occurring more rapidly than the planet is able to adjust. But more importantly, the Gaia hypothesis suggests that the planet looks after its own welfare; she has no particular brief to preserve humanity. If we threaten the well-being of Gaia, then perhaps the best thing she could do would be to get rid of us.

And there are any number of ways in which she could do this. A nuclear war could be considered the Gaian equivalent of radiation treatment, although this should only be considered as a last resort since it leads to damage of otherwise healthy parts of the body. We could wipe ourselves out without a bout of planetary chemotherapy—a nerve gas accident would do quite nicely. Or we could simply poison ourselves out of existence.

Or perhaps Gaia could summon her own immune response. Could AIDS be the response of the planet to a rather irritating species? It certainly would be a rather neat solution on her part—destroy the cancer without harming any other part of the system. Or is AIDS just a planetary warning shot across the bow? Perhaps we should be grateful that it is relatively difficult to spread. If AIDS had been as contagious as a common cold, then the whole of human-

ity would have been infected, before we even knew the disease existed. It is sobering, though, to remember that the AIDS virus is evolving a hundred times faster than most other viruses, and may yet develop such virulence.

However, I do not want to suggest that the healing of the planet necessarily requires the end of humanity. But if we are to avoid this rather depressing end, we must explore how we can rid ourselves of our own malignant tendencies. To see how this might be done, and what it entails, we need to look a little more deeply into the causes of this cancerous behavior.

A PROGRAMMING ERROR

In one way or another, the many crises which we face are all the result of decisions we have made. The decisions may have been made by individuals or groups. They may have been made with awareness of their impact or in ignorance. They may have been made with the best of intentions or out of selfish motives. Yet, however they were made, they originated from human thinking. The nuclear threat, the greenhouse effect, the destruction of the rain forests, the widespread extinction of species, acid rain, soil erosion, the depletion of the ozone layer, the problem of atomic waste, pollution, the energy crisis, the food crisis, the water crisis, the housing crisis, the sanitation crisis, the AIDS crisis,

and all the many other crises that humanity faces are each symptoms of a deeper psychological crisis. Our motivations and goals are in some way inappropriate.

Again there are close parallels with cancer. In essence cancer is an error in programming. In the heart of every cell is a set of chemical programs, often loosely referred to as the genes, which contain instructions on how to build various complex proteins. These proteins underlie a cell's structure and behavior. Although each cell in a body contains the same set of programs, different parts are switched on for different cells, and at different stages in the same cell's development. As a result, only a small proportion of the thousands of programs in a particular cell are active at a given time.

Sometimes, however, sets of instructions which should be "off" are switched on. This can happen for a number of reasons. Radiation from space, atomic waste or medical treatment may damage the control sequences—the switches in the gene. Toxic chemicals in the air, in water or in food may damage the programs. Or a virus may enter the cell and replace the cell's genetic material with some of its own.

Often the results are benign. But sometimes the cell may begin growing and reproducing itself. Guided by a set of instructions totally inappropriate to its natural function in the body, it becomes a "selfish" rogue cell no longer acting in harmony with the rest of the body. This is the beginning of cancer.

Likewise humanity's malignant tendencies could be considered to stem from errors of programming. In this case the programs are our attitudes, beliefs and values—our basic operating principles, the mind sets we have about who we are, what is important.

We may take the attitude that our own benefit comes before that of others. We may believe that we can own the land, own the planet's natural resources, and even own other life forms. We may value our material possessions for the status they give more than for their utility. We may think that we can become happy through accumulating personal wealth. Given assumptions such as these it is little wonder that we then misuse our creativity.

Thus the roots of humanity's malignancy lie deep within our minds, at the very heart of our functioning. Our errors in programming condition many of the choices we make, causing us to use our creativity and technology in ways which benefit us only in the short-term—and even this is questionable.

OUR FUNDAMENTAL BELIEF

What, we might then ask, is the basis of this inappropriate set of attitudes and values? Where did we go wrong? Beneath all our different desires and behaviors lies the same basic goal. We want to be happy. We want to be at peace. We want to avoid conflict and be free of suffering. We want to feel at ease inside. This is quite natural. It's part of life.

But where many of us get stuck is in our belief that whether or not we are happy and at peace depends upon the world around us, upon the way people and things are. This is the fundamental operating belief that lies behind most of our thinking and behavior. And it is this belief that underlies many of our apparent needs. We "need" security, approval, recognition, stimulus or power, because we assume that having these things will bring us the peace of mind we seek.

This fundamental belief also underlies our egocentricity and self-centeredness. The more egocentric person is one who believes more strongly that these are the things that will bring happiness, and whose behavior is more strongly conditioned by this belief.

Beliefs such as these lead us to become attached to the world around. We become attached to money, attached to our possessions, attached to our position, attached to our relationships, attached to our ideas and beliefs.

We fear that if we did not have these things we would also lose our source of happiness and peace. We start judging everything according to whether or not it is likely to bring us what we

seek. Will this make me happy? Could this threaten my peace of mind? We worry about things that have happened in the past and about what may or may not happen to us in the future—and a mind that is worried is not a mind that is at peace.

The dangers of being attached to world for our sense of well-being are seen particularly clearly by Eastern religions. For them, letting go of attachments is a key aspect of spiritual development and self-liberation. Only when we are free from our attachments can we experience the world as it is—and find the inner peace we are looking for.

In today's world, however, the task of moving beyond our attachments is important not only for individual salvation; it has also become essential for the salvation of the species. Our attachments have repercussions far beyond our own lives. They underlie much of what is going wrong in the world today. In fact, most of humanity's craziness can be seen as the eventual consequence of this mode of thinking.

If we're attached to money for the sense of control and security it seems to give us, then financial expedience becomes the measure of right and wrong, leading us to treat the world around in ways which are clearly dangerous for all concerned.

Our attachments to our ideas and beliefs lead us to become more concerned with proving we are right than discovering the truth. Racism, sexism, fundamentalism, and all other -isms with which we set ourselves apart from others and judge them as different are the result of our attachment to a certain set of beliefs.

Our attachments also underlie much of our personal craziness. We desire those things we think offer us the peace and love that we are looking for. As a result we come to exploit the world around, exploit other people and even ourselves in our search for fulfillment.

The net result is that civilization has become very uncivil. Rather than growing and learning as a single species, and fulfilling our cosmic destiny, we have become over-concerned with our own apparent needs. And it's this self-centered thinking and behavior that has led to our misuse and abuse of our environment. We end up exploiting the world around in service of this psychological programming and "the world around" includes other people as well as our physical and biological environment. Our need for recognition and approval can lead us to make inappropriate political, economic, environmental or industrial decisions. Our need to defend our beliefs can turn others into enemies, make us kill en masse, and focus half our technology on weapons of war. Over-concerned with our psychological survival, we consume resources we do not need, disperse toxins we could contain, and carelessly eliminate many of the other species who share this planet with us.

Humanity's problem is that it has become riddled with self-centeredness. It's as if the minds of humanity are diseased with a mental virus called "ego." And this mental virus poses a far more dangerous threat than does the AIDS virus. For it is this self-centeredness that governs our attitudes, and keeps us locked into behavior that is neither for our own good nor that of the planet. It often prevents us from making the very changes in our behavior that we know are so essential.

THE CONSCIOUSNESS CRISIS

At its root, the crisis of our times is not so much an environmental crisis, an economic crisis, a population crisis, or a political crisis; it is in essence a consciousness crisis—a mismatch between our psychological development and our technological development. In terms of our understanding of the world around and our technological ability to change it according to our wishes, humanity has certainly advanced immensely over the last few thousand years. We are, in this respect, undoubtedly the most advanced species on Earth. But in terms of our inner development our advance has been much slower. As a consequence, we have not yet the inner wisdom and freedom to use our new powers for the good of all.

We should not necessarily judge ourselves badly

for falling out with Nature in this way. It may well be a temporary but inevitable phase in the evolution of an intelligent species that develops both technology and a sense of self. If dolphins had had fingers and thumbs, they might well have had to face a similar psychological crisis.

This consciousness crisis probably comes upon an intelligent species very quickly. As soon as it emerges from the biological phase of its evolution into its cultural phase, a species is engaged in a dash through history. The dash begins with the emergence of self-reflective consciousness, and ends in the species' consciousness crisis. As the species rapidly evolves, it develops the means of its own demise. And as its development accelerates, it brings the testing point ever closer. It's as if a window in time opens before the species. Can it pass through this crucial stage in its development and come out safely on the other side—whatever that may be like—before the window closes again? For humanity this dash began around the time of the Neanderthal Revolution, 50,000 years ago. And it looks as if the window in time is now about to come to an end. We are in the last moments of this evolutionary dash, in a race against time itself.

As a species we are facing our final examination, and it is a psychological examination; it is in fact an intelligence test—a test of our true intelligence as a species. In essence we are being asked to become psychologically mature, to free ourselves from the clutches of this limited identity, and express our creativity in ways which benefit us all.

Moreover, this test is not something that is going to happen in the future; we are taking it right now. We are at that final examination point. And the question that has been set is very simple: Are we as a species able to use the awesome power we have developed for the good of the Universe? Do we have the intelligence to do it? If not, we fail the test—and fail as a species. Moreover, this test is one with a time limit, and I fear that time is running out fast.

This test is not just being posed to governments, corporations and scientific institutions; it is being posed to all of humanity. Can we each personally realize that our real identity is not dependent upon the things we gather around us, the way others see us, or the way we like to see ourselves?

Can we realize that the ego-mode is not the only mode, and certainly no longer the most appropriate? And can we then release ourselves from its grip, and allow our true intelligence to shine into the world?

We know this shift is possible, for we have seen many examples of people who have lived it—St. Theresa, St. Francis, all the other saints, whether they be called saints or just simple people. We know inside that this is how life can be lived and should be lived, but somehow we feel it is too far away or not for us. Or we are too caught up in the world, with no time to spare. Or we feel trapped in other ways.

We also know that it is not beyond us. Many of us have at times known what it means to simply be

oneself, secure in one's own existence. It may have been triggered by a beautiful sunrise, through falling in love, in meditation, or in a confrontation with death. Suddenly the mind falls back into its natural state, a state of ease.

What we do not know is how to allow this ease to fall upon us. We are so caught up in all the things that we believe we need, we never allow time to let it be.

Perhaps we need the psychological equivalent of the "Manhattan Project"—the code-word for the development of the first atomic bomb. It had been realized that in the newfound energies of the atomic nucleus was the potential to release vast amounts of energy. Initiating a chain reaction could create a bomb a thousand times more powerful than the high explosives of the day. The development of such a bomb was seen to be of the highest importance for ending World War II, and hence for global security. Consequently scientific, technical and financial resources were pumped into a number of research and development institutions across the USA. The result was the detonation within less than three years of the first atomic bomb.

Now, nearly fifty years later, it is becoming clear that there are enormous untapped potentials within human consciousness, the nucleus of our being. If this power can be released, humanity could begin to tackle its problems much more wisely, ending the possibility of world war, and greatly increasing our chances of survival. If this need were recognized and resources put into projects to explore how to facilitate our awakening, then we could have an Inner Manhattan Project, and one of far greater value than the original project. Whereas the original Manhattan Project was founded to win a war against other people, this Inner Manhattan Project would help us win the war against ourselves.

The wisdom of the human psyche already exists in many spiritual traditions, philosophies and psychologies. But it needs to be pulled together and researched in order to bring out the essential wisdom in a manner that the person in the street can relate to. This is not to advocate a return to religions of the past, but to rediscover the sacred within us in the language and technologies of the twentieth century.

Any lasting remedy to our global problems must seek to find the underlying cause of the malady. Certainly we need to do everything we can to reduce the damage we are causing to the environment. But if this is all that we do we shall find the same inner malady reappearing in other symptoms.

The root of our environmental crisis is an inner spiritual aridity. Any truly holistic environmental policy must include this in its approach. We need not only to conduct research in the physical and biological sciences; we also need to explore the psychological and more sacred sciences.

■ Peter Russell is author of *The Global Brain and The Brain Book*. This article is adapted from his new book, *The White Hole in Time*.



The White Hole in Time

Our Future Evolution & the Meaning of Now

By Peter Russell

\$20.00. cloth. ISBN 0062507745.

The White Hole in Time is a revolutionary new perspective on humanity's place in the universe. Exploring the patterns behind our long evolutionary journey, as well as the nature of time itself, Peter Russell shows that our future may culminate in a profound and startlingly positive and creative evolutionary zenith towards which the universe has been building for millions of years.

Weaving physics, psychology, mysticism, and philosophy, Russell shows that the environmental crisis, along with the many other crises we now face, is symptomatic of a much deeper crisis in our perception of ourselves, our attitude toward the world, and our beliefs concerning who we are and what we want.

As a species, he points out, we have developed prodigious powers that we have abused as a result of a self-centered, materialist mindset—a form of self-hypnosis. We are now facing our final challenge, a point at which we either evolve to our full potential, using our powers wisely for the good of all, or perish as a result of our own shortsightedness.

As Russell sees it, our accelerating pace of developing is taking us closer and closer to a moment of rapid inner evolution and transformation. This is what he calls the "white hole in time"—an evolutionary climax more profound than even the most optimistic futurists have dared to imagine.

This is a brilliant and innovative picture of humanity, one that integrates the continually evolving nature of civilization with humanity's eternal quest for harmony and inner peace. In exploring the nature of our perception and thinking, Russell shows us a unique vision of the future while opening our eyes to the magic of the eternal present.

Tarot:

THE JOURNEY OF THE SOUL

BY JOHN STAGNARO

During these times of economic hardship, environmental crisis, moral degeneration, and spiritless leadership, people are looking for answers to fundamental questions and longing for a sense of life purpose. Perhaps due to the precariousness of the human race as we approach the end of the millennium, the number of spiritual seekers is on the increase. For many, the answers they're seeking are not coming from traditional religious leaders and institutions.

So, where does one turn for answers to such questions as "Who am I?" or "Why am I here?" Every religion, every philosophical system attempts to answer these questions, and all have their valid answers. But there exists another way, a source of wisdom and understanding that an increasing number of seekers are returning to these days, and that is the Tarot. This is evidenced by the increasing number of decks and Tarot books available.

WHY THE POPULARITY?

For one thing, the Tarot allows for self-growth and self-examination. In this day and age of false religious leaders, cults, and "dollar-centric" therapy sessions, having a teacher that you can literally stick in your pocket—yet which can also offer profound personal insights—is perhaps one of the strongest reasons for its growing popularity. Moreover, it is feminine in nature and not based on sequential or rational thought. It provides a connection to one's intuitive knowing that for the most part cannot be explained rationally. The resurgence of the feminine principle during this century has helped restore a sense of balance by emphasizing use of the right side of the brain—the intuitive and emotional side—along with the over-emphasized left, the logical side. And this balance is exactly what the Tarot accomplishes.

The Tarot is basically a book of wisdom, given in symbols. The left side of the brain, the "masculine" side, communicates via words. The "feminine" side, however, communicates through symbols, as is seen in such symbol-laden forms as free-flowing poetry, surrealist art, and dreams, among others.

WHAT IS THE TAROT?

The Tarot consists of 78 cards, 22 of which are called the Major Arcana, Trumps, or the Greater Powers, and 56 Minor Arcana or Lesser Powers, each with an image and number. There is no set definition, no neat little box for the linear mind to categorize for any card; although many decks will have personal interpretations, and there does exist a general consensus about certain meanings. The 22 Major Arcana represent what the psychologist Carl Jung termed archetypes of the collective unconscious, or various expressions of the psyche. They could also be called a procession of the qualities of the Divine, like a

pantheon of gods and goddesses, or saints. These 22 cards contain within them the most profound of teachings; thus, they were removed from our modern deck of cards, with the only reminders being the Joker card and games with Trumps.

The majority of the deck is comprised of the 56 Minor Arcana. And these are what is represented in today's playing cards, barring the missing four Knights. The Minor Arcana comprise the four elements one must work with: the cups representing water; the rods, fire; the pentacles or discs, earth; and the swords, air. Each suit is numbered one through 10, with four court personalities: the Page, the Knight, the Queen, and the King. They're like events that our souls encounter, with each event bringing lessons to be learned, gifts to be gained and poisons to be avoided.

The many decks vary widely. The old decks, or decks designed after ancient examples, often have simple 2-dimensional images in the Major Arcana and court cards, with the rest of the Minor Arcana being only the number of the particular suit (for example, the Four of Cups will only have an image of four cups in a particular configuration). Modern decks exhibit exquisite artwork, with intricate images, for both the Major and the Minor. And in many decks today, like the *Arthurian Tarot* or the *Wonderland Tarot Deck*, the images are of a particular theme. Whereas most decks will only have words on the Major Arcana, like "Justice," or "The Magician," some decks, like the *Thoth Tarot Deck*, will have such words as "Cruelty," "Happiness," or "Success," on the Minor Arcana as well.

No one deck is more correct or better than another, and all decks are subject to interpretation. Even though a designer of a particular deck might assign various meanings to each card (usually contained in an accompanying booklet), his interpretation is only one of many possible; just as a poet



thinks a poem means one thing, others may see in it a completely different meaning. The important point is what the card or the poem stirs up and brings forth in the reader. There is no dogma, and nothing rigid at all about the Tarot. That's why the Tarot is so personal and so feminine. To feel the fullness of the cards, the analyzing must go, along with the categorizing process of the mind.

Also, you don't have to go to a reader to receive clarity from the Tarot, despite those who say otherwise and who claim you should not read for yourself. It's true, that if you're attached to a certain result, then you might interpret your own reading to produce the desired outcome. But this happens only in the realm of fortune telling, which is often misperceived as the sole function of the cards. When they're used for inner wisdom and guidance, no other interpreter is needed, especially when the cards become more familiar through use.

Beware of authorities of the Tarot, who seek to cage the cards in rigid dogma.

HISTORY

One reason the Tarot carries no historical authority is that the Tarot is not part of a distinct lineage. In fact, the exact origins of the cards are unknown. Some say the roots can be traced back to the East, particularly the Buddhist Tantra system, which used an ancient board game reminiscent of the Tarot that was brought westward by gypsies in the 10th century. Others claim that the cards have their origins in the initiation rituals of secret Egyptian brotherhoods. Still others say their beginnings are in Europe.

The first historical records of the Tarot come at the end of the Dark Ages, when it's likely the Tarot was brought from the East by

returning Crusaders. But because the church suppressed anything that threatened to usurp the "one faith," the Tarot came under heavy attack. The church called them "the Devil's cards," and people began to burn the decks. Eventually, as the Inquisition began to gain momentum, they burned the readers of the Tarot as well. Due to this suppression, the Tarot soon became a deck of meaningless playing cards, and eventually the deeper meanings became lost or went underground. No complete deck from that time remains. Only a smattering of cards from various decks and periods can be found in museums or in private collections.

HOW DOES THE TAROT WORK

AND WHAT ARE ITS USES?

To the rational mind the Tarot makes absolutely no sense. Who would trust a deck of randomly laid out cards to offer guidance in any important matter? No doubt that is the reason why most clients as well as readers are not male, since males tend to be much more linear in their thinking.

However, to those who have come to see the synchronicity of life, that nothing happens without a reason, that there is a guiding Force behind everything, the Tarot makes perfect sense. When the Universe is seen not as independent parts working independently, but as interdependent parts working together, then the connection between all things and all actions can help explain the process of life. For instance, today's scientists are finally catching up to the mystics, as quantum physics has shown that no experiment can be objective, that the experi-

menter's subjectivity influences the testing. That there is no separation between the experimenter and the experiment, between subject and object.

The Tarot might be said to do the same, showing the connection between reader and cards. A reading will show what the reader already knows on a subconscious or intuitive level, since the symbology operates from that realm. For example, suppose a man deeply desires a particular person. He is consciously aware of this desire and inquires about his chances of fulfilling this desire to the Tarot. The reading's outcome is the Five of Cups (depicting a sad figure looking down on three spilt cups, while two are full and wait ahead of him). Unless his desire has blinded him, his subconscious has communicated to his conscious mind what it already knows: to forget that person and move on.

Most rational people (i.e. critics) will ask, if the cards were immediately reshuffled would they be the same? Most likely not. The next reading may show the complete opposite answer. How can that be reconciled? If one lives by the premise that everything happens for a reason, then both outcomes have validity, but not in the way the rational mind interprets it.

The Tarot has many uses, and one of those uses—perhaps its original intent—is to enable the reader to know him or herself. The Tarot, like any book or teacher, is not to be followed blindly. It's there to reflect on, like a mirror, to take its counsel inside and discriminate between which course to take. The man of the example, if he quieted himself and reflected on both outcomes, would no doubt see his attachment to his desire and know he was fantasizing. But the reading would not only show the outcome, it would also show other aspects of his psyche at work. For instance, a card like The Lovers, in a position of hindrance, could show this was perhaps an old pattern of looking to another for fulfillment or that it just was not the time to be focusing on romance. This man will need to reflect on a few more issues and he will then find out more about himself. In this manner the Tarot is a great therapist, and much less expensive than most.

Relationships, too, can be assisted through use of the Tarot, since it's also a way of opening up communication. As relationships progress issues will come up that are generally old issues reemerging. The Tarot will reveal what the blockages are, and, more importantly, open up further discussions. It can be a wonderful tool for greater intimacy.

Another use of the Tarot, its more mystical aspect, is as a meditation. By focusing on a particular card, especially from the Major Arcana, and then taking the image into meditation, the aspects that the card represents will gradually emerge. For instance, if a woman wants to bring out more of her intuitive side she might choose the High Priestess to focus upon. Or perhaps the Chariot if she wanted more confidence and self-discipline. Every quality of humanity, as well as the gods and goddesses, are represented by the Tarot, from the highest wisdom, compassion and love to the lowest greedy aggression and victim playing. So any quality can be brought forth if it is focused upon and desired.

And, of course, there is fortune-telling. There are many stories told of a gypsy reading the Tarot and making predictions, usually with some dire warning or unhappy ending. However, this focuses on mere events, and the Tarot, unless the reader is very psychic, cannot go into great detail. Yet it can be very helpful in showing probabilities. Remember, just as those quantum physicists have now demonstrated that nothing can be predicted with a hundred-percent certainty, the Tarot shows that only probabilities exist.

But perhaps the most important use of the Tarot is simply that it forces one to take time alone, to turn off the television and to disconnect the phone, and to sit quietly and reflect. To get to know oneself, to discover the light as well as the shadow within.

SO, HOW DOES ONE DO A READING?

Simple. All you need is a deck you're attracted to. You might be attracted to a deck because of the art work, or its theme, its nationality or ethnic orientation, or time period (most decks are European Renaissance in style), or because of its popularity or simplicity. The whole deck may be used or just the Major Arcana.

You'll need to follow a spread, or layout, that designates a meaning for each card position. Layouts can be found in the booklets that come with the decks or in books on the Tarot. The most common is the Celtic Cross, which consists of ten cards. Of course, once some experience has been gained, you can create your own layouts.

Some readers will make a prayer asking for higher guidance or will visualize a surrounding white light, while others will sit silently for a moment. Incense can also help prepare you for a more receptive mood. Candles can add to the ambiance. In other words, it's all very personal, and whatever helps you to be silent and open should be used.

Then, shuffle the cards and cut. Many readers are very adamant in how all this happens. Some say one must shuffle with the left hand and cut with the left hand, cutting the cards into three stacks to the left. Again, there is no authority with the Tarot. There is no dogma. Experiment and do what feels right.

Finally, lay out the cards, either face up or face down. Again, no set rules. Face down allows one to concentrate on each card more, while face up will immediately show the overall pattern.

Once the cards are in place, the interpretation begins. Most of you will want to use the supplied booklet or another book to use for interpretations. However, this method is only a continuation of a left-brain learning process we are conditioned to in early age: the memorizing of someone else's ideas. Examining another's ideas has its place, but when you use a book as your source of inspiration you're not utilizing your own intuition. To be inspired is to be filled with Spirit and that comes from within.

If you're looking for counseling, meditation or clarity, all that's needed to know in the beginning are the various elements of the suits. For example: cups represent water, emotions, love, imagination, dreams and delusions; swords represent air, the mind, discrimination, communication, learning, cutting away and conflict; rods represent fire, creativity, spirit, spontaneity, passion and forgiveness; and pentacles represent earth, money, survival issues, health, and work. And especially if the cards are expressive, like those in the *Hanson-Roberts Tarot Deck*, the characters' expressions will tell the answers. They will come alive and communicate on a feeling level.

Keep it simple, for truth is simple. And at the onset be like a child. The more you work with the cards, the more books and other readers won't be relied upon. Then if the desire persists, add onto the initial experiences with more studies about the Tarot, as well as astrology, numerology, the Cabbalah, psychology, symbology, myths, and whatever else you are drawn to. The Tarot is flexible enough to work with nearly any path.

The Tarot is quite fun and wonderfully insightful when we come to it with the attitude and fascination of a child. It reminds us of the adventure we are all on. When each card is seen as sacred and is treated with respect, then those who come into our lives and embody the energies of the Tarot will also be seen and treated as sacred, even if they take on the role of "The Devil" himself.

John Stagnaro reads the Tarot on weekends and Wednesdays at the Bodhi Tree Bookstore. In addition, he offers classes on the Tarot in the Los Angeles area.

The Rider Tarot Deck
Conceived by Arthur Edward Waite
\$13.00. deck. ISBN 091386613X.



Designed by Pamela Coleman Smith under Waite's direction, the outstanding feature of this deck is that all of the cards depict full scenes with figures and symbols readily suitable for reading. This is an accessible, basic deck for both beginning and advanced Tarot readers. This deck is compatible with the books by Gray and Waite listed on this page. *U.S. Games*

The Pictorial Key to the Tarot
By Arthur Edward Waite
\$5.95. paper. ISBN 0877282188.



Arthur Edward Waite was a profound student of the occult. He was a member of the Order of the Golden Dawn, and made the Tarot accessible to the modern day reader. This classic text discusses: the major and minor arcana, what each card means, reversed card meanings, and how to do a basic reading. This book is for use with both the Rider-Waite Deck and the Universal Waite Deck. *Samuel Weiser*

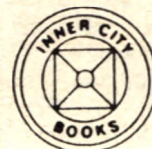
The Thoth Tarot Deck
By Aleister Crowley
\$16.00. deck. ISBN 0913866156.



Crowley's 1904 experiences in Egypt, where he received the transmissions known as *The Book of the Law*, which form the cornerstone of his teachings, profoundly influenced the imagery of the Thoth Deck. Besides the Egyptian, Grecian, Eastern, Medieval and Christian symbols present, you will also find incorporated in this deck elements of numerology, astrology, alchemy, and the Cabala. Visually, there is a great deal of cross-cultural symbolism in this deck and that's why Angeles Arrien has featured it in her best-selling *The Tarot Handbook*. *U.S. Games*

The Tarot Handbook
Practical Applications of Ancient Visual Symbols
By Angeles Arrien
\$25.00. paper. ISBN 0916955028.

Angeles Arrien is an anthropologist who takes a cross-cultural approach to the Tarot. By taking the Tarot out of the mere fortune-telling context she extends and deepens its psychological, mythological and symbolic dimensions. This book features new interpretations of Aleister Crowley's Thoth Deck and contains a multitude of charts, spreads, and other methodological tools. This is an important book for both teachers and students of the Tarot. *Arcus Publishing Co.*



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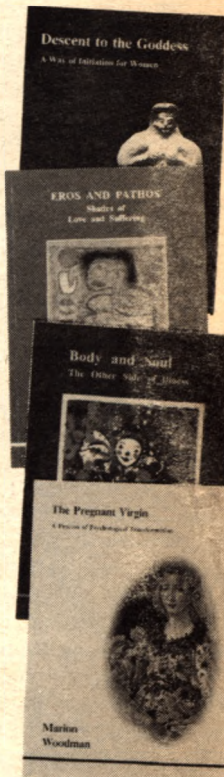
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In the Absence of the Sacred
*The Failure of Technology &
The Survival of the Indian Nations*
By Jerry Mander
\$25.00. cloth. ISBN 0871567393.
Sierra Club Books. 446 pp.

IN THE
ABSENCE
OF THE
SACRED

The Failure of Technology &
The Survival of the Indian Nations
JERRY MANDER

From the beginning of the Industrial Revolution prophets have warned us of the pernicious effects of our attempt to dominate nature by machines. William Blake denounced industrialism's "dark mills of Satan," Dostoevsky's *Underground Man* railed at the technologically

ordered "Crystal Palace," and Thoreau, John Ruskin, William Morris and scores of others all tried to resist what they perceived as the evil trend of civilization.

But these warnings were not heeded and the trend has continued and worsened. Over the last few decades, widespread damage to our environment has become apparent, and there's a growing sense that the utopian claims of technology are fraudulent. Even more important, there's a sense that the natural presence in society of a sacred dimension—that is, of the holy, the deep, and the magical—is being eroded. Not surprisingly, criticism of modern industrial society has increased. Theodore Roszak, E.F. Schumacher, Philip Sherrard, Jacques Ellul, and others all find fault with the sterile, barbarous, 'high tech' leviathan of contemporary industrialized civilization for its despoiling of the Earth, for its alienation of human beings from nature, for its creation of ugly and wretched surroundings for men and women to pass their lives in, and for its degrading of work, family, and social and spiritual life.

One contemporary critic of the modern technological state is Jerry Mander, whose newest book is *In the Absence of the Sacred*. This book is, in a sense, two distinct books. In fact, the author originally intended to write two books: the first, a critique of technological civilization, and the second, an account of the continuing destruction of primitive (i.e., relatively non-technological) cultures, particularly those of the American Indians. But in the process of planning the two works Mander discovered that "their subjects were inseparable...it may be the central assumption of technological society that there is a virtue in overpowering nature and native peoples. The Indian problem today, as it has always been, is directly related to the needs of technological societies to find and obtain remotely located resources, in order to fuel an incessant and intrinsic demand for growth and technological fulfillment...these acts were and are made possible by one fundamental rationalization: that our society represents the ultimate

expression of evolution, its final flowering...having assumed such superiority, it becomes more than acceptable for us to bulldoze nature and native societies." (pp. 6-7).

The first half of the book—on technology—begins with an examination of how, from the New York World's Fair of 1939-40 to the futuristic EPCOT center of today, the technological vision of life and its promises of paradise have been sold to the public. Bits of this propaganda have become common assumptions in the minds of many: that technological development is always 'progress' in the positive sense; that such development is inevitable ("you can't turn back the clock"); that to oppose any technology is foolish and reactionary; and that all human life before technology was grim and miserable. Mander wishes us to shake off such attitudes, look beyond the merely personal benefits of this or that gadget, and critically examine technology. "As the world hurtles toward its greatest environmental crisis since the dawn of human life, a crisis driven by the insatiable need to feed resources to the technological machine, and to consume them as commodities, we are at an appropriate moment to question whether this path we have chosen and celebrated has lived up to its promise, and if not, if it ever will." (pp. 23-24)

Mander does not believe it has, or will, and in the following chapters he demonstrates point-by-point how various technologies are far more harmful than beneficial, including television, computers, genetic engineering, and business corporations (which are not machines, but are, so to speak, organizational technologies, and are the chief agents for promoting unbridled industrialism). To the common argument that technology in itself is neutral and that the problem is how it is used, Mander responds by showing the intrinsic social and political consequences of technologies, as well as the often unavoidable environmental and health hazards. For example, computers make possible (and inevitable, one thinks, given the real character of governments) an extraordinary degree of surveillance and social control, in addition to creating toxic waste products in their manufacture.

Particularly disturbing is the discussion of some of the newer technological passions—like nanotechnology, robotics, and molecular engineering—that exemplify high-tech mania. Mander includes a long quotation from one of the leading men in these fields, Hans Moravec, in which Moravec gleefully describes the future prospect of "downloading" a human consciousness out of a living human brain and into a computer. This is the ersatz version of eternal life that's being offered,

to replace the old spiritual notion of the transcendence of life and death.

It's just such a soulless, dehumanizing vision that Mander finds so repugnant. It's even more dreadful than the possible future collapse of technological civilization from ecological ruin. "Still worse than the failure of this society would be its success," Mander says, "which would bring on something infinitely more awful: that space-bubble EPCOT-type existence and beyond that, a post-biological 'utopia.' The intrinsic logic of this technological society is leading in that direction; we are already well down the road." (p. 382).

Mander touches on American Indian concerns early in the book. One of the chapters about television recounts how, in one single generation, television virtually destroyed the Canadian Dene Indians' storytelling tradition, which is essential for the transmission of their culture. But it's in the second half of the book that Mander gives us a history of the contemporary ill-treatment of American Indians. The Hopis and Navajos are robbed of their land for the sake of coal and uranium; Alaskan Indians are robbed for the sake of oil, and so forth. Also included are well-documented accounts of the shameful treatment of other indigenous peoples: Pacific islanders, Australian aborigines, various African tribes, and several others.

By juxtaposing the themes of technology and American Indians, it becomes clear that the assault of technological society on primitive, non-industrial culture is not just a theft of resources. It is fundamentally a spiritual struggle, a conflict between opposing views of life: on the one hand, the modern techno-utopian view which values above all material abundance and mastery over nature, which believes, as A.K. Coomaraswamy pointed out once, that man *does* live by bread alone; and on the other hand, the view of peoples like traditional American Indians, for whom the presence of the sacred takes precedence over everything—for whom beauty, community, truly human work, and the cultivation of religious life are the purposes of society. It ought also to be noted that nearly all human cultures of the past and present—including the ancient and medieval West—spiritually stand with the American Indians and against the modern vision of life that Henry Miller called "the air-conditioned nightmare."

Mander believes that Indian culture really has something to teach our civilization about right relationship to nature. American Indians have no need to be assimilated by us, but we need to learn from them before the Earth is either laid waste or transformed into a mega-technological Hell. Some critics will surely dismiss Mander's book as futile romanticism, but he responds: "As for whether it is 'romantic' to make such a case, I can only say that the charge is putting the case backwards. What is romantic is to believe that technological evolution will ever live up to its own advertising, or that technology itself can liberate us from the problems it has created. So far, the only people who, as a group, are clear-minded on this

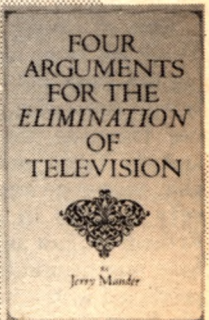
by Neil Bishop

point are the native peoples...." (p. 384). Mander makes a rigorous and uncompromising case here, just as he did in his earlier spirited book, *Four Arguments for the Elimination of Television*. In that work he cogently argued for the total elimination of the medium, unlike most of television's critics, who argue merely for some reforms. In the present work, too, he is unequivocal in his opposition to extreme technological society. He believes that the whole tendency of our civilization—this project for the total technologizing of life that we have been carrying on for two hundred years or more—has been a grievous error, despite some physical benefits it has produced.

Some readers will perhaps be put off by the unambivalent argument of this book, though the tone is never hectoring or venomous. Other readers will find it refreshing and invigorating, especially compared to the timid, half-heartedness of other critics. The author neither damns all technologies out of hand nor calls for the restoration of a past condition of society, as his opponents will doubtless accuse him. But he is indeed calling for a change, down to the very roots, in the way we live. That sacred quality which we have lost, and are still losing, by paving over the Earth, is far greater than the joys of consumerism and the Promethean 'conquest of nature.' It's to the restoration of this quality that *In the Absence of the Sacred* splendidly and effectively calls us.

**Four Arguments
for the Elimination
of Television**
By Jerry Mander
\$8.95. paper.
ISBN 0688082742.

A total departure from previous writing about television, this classic book was the first to strongly advocate that the medium isn't reformable. Television's problems, Mander says, are inherent in the technology itself and are so dangerous—to personal health and sanity, to the environment, and to democratic processes—that TV ought to be eliminated forever. *Quill/William Morrow*



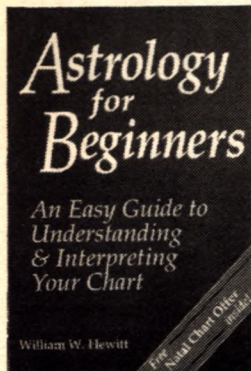
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An Easy Guide to Understanding & Interpreting Your Chart

By William W. Hewitt

\$7.95. paper. ISBN 0875423078.



This book provides the basic information you need to teach yourself the science and art of astrology. William Hewitt explains planets, houses, aspects, chart construction, and interpretation. You'll learn what astrology is and what it can do for you, how to create and interpret your natal (birth) chart, how to explore transits and progressions, how to calculate a precisely accurate horoscope chart, and how to learn about references that provide more detailed material.

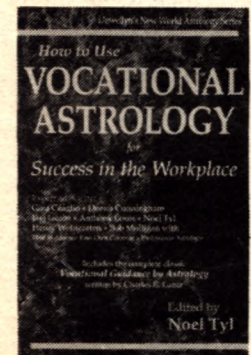
In addition, the author explains each Sun Sign with simplicity and accuracy and includes three different methods for constructing charts. This is a valuable self-teaching guide for beginning astrologers. *Llewellyn Publications*

How to Use Vocational Astrology for Success in the Workplace

Includes the complete text of Charles Luntz's classic Vocational Guidance by Astrology

Edited by Noel Tyl

\$14.95. paper. ISBN 0875423876.



In this book, seven respected astrologers provide their well-seasoned views on that great issue of personal life—work. Their expert advice helps you answer such questions as: "Am I in the right job?" "Will I get promoted?" or "When is the best time to make a career move?"

This anthology features enlightening counsel from the following experts:

- Jay Jacobs: The Transits of Experience/Career Cycles, Job Changes and Rewards
- Gina Ceaglio: Money Patterns in the Horoscope
- Donna Cunningham: Attitudes and Aptitudes in the Chart
- Anthony Louis: Void-of-Course Moon Strategies for Doing Business, Retrograde Planets, and Electional Astrology
- Noel Tyl: Special Measurements for Vocational Guidance, and How to Evaluate Personnel for Profit
- Henry Weingarten: 12 Principles of Modern Astro-Vocational Guidance, Planetary Rulership and Career Guidance, and the 21st Century Astrologer
- Bob Mulligan: How to Advance Your Own Career as a Professional Astrologer

This is a complete and thorough examination of the subject of vocational astrology. *Llewellyn's New World Astrology Series*

Your Planetary Personality

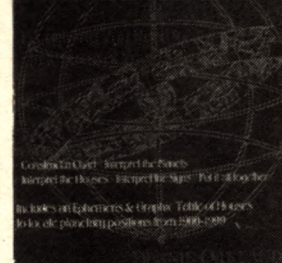
Everything You Need to Make Sense of Your Horoscope

By Dennis Oakland

\$19.95. paper. ISBN 0875425941.

In your hands you hold a tool that can help change the way you look at yourself, other people, and the world. Through the study of

Your PLANETARY PERSONALITY



your astrological chart, you will gain a better understanding of what makes you tick: your unconscious drives, fears, public image, emotional defenses, relationship patterns, parental influences, and more.

Even if you know nothing about astrology, Dennis Oakland's clear instructions will teach you how to construct a complete and accurate birth chart for anyone born between 1900 and 1999. After you have built your chart, he will lead you through the steps of reading it, giving you in-depth interpretations of each of your planets. When done, you will have the satisfaction that comes from increased self-awareness and from being your own astrologer.

Professionals, too, have much to gain from Oakland's detailed interpretations, which promote a better understanding of the planets in the houses and signs than most astrology books. His interpretations are the result of years of study of psychology, sciences, symbolism and Eastern philosophy, plus the study of birth charts from a psychotherapy group. *Llewellyn Publications*

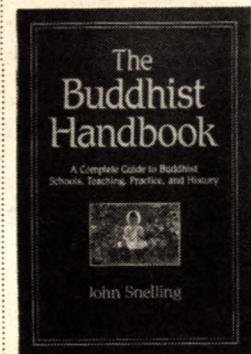
Eastern Traditions

The Buddhist Handbook

A Complete Guide to Buddhist Schools, Teaching, Practice, and History

By John Snelling

\$14.95. paper. ISBN 0892813199.



This is the first definitive guide to the complete panorama of Buddhist teaching, practice, schools, and history. One of the fastest growing religions in the world, Buddhism includes within its scope numerous traditions. *The Buddhist Handbook* provides a comprehensive and nonsectarian survey of these traditions and their contemporary exponents throughout the world, providing necessary information for those who wish to explore the various options thoroughly and find one that is suited to their needs. For those already practicing in a particular school of Buddhism, it offers illuminating insight into the teachings of other schools for a more holistic view.

The author, John Snelling, is a past editor of the London-based Buddhist Society's journal, *The Middle Way*. The range of his new book is far-reaching, with chapters on the westward migration of Buddhist thought, contemporary Buddhist activities in North America, the relationship between Buddhism and psychotherapy, Buddhism and social action, and the role of women in Buddhism. Lucidly written, concise, and easy to use, this book is an essential addition to any library of Buddhist books. *Inner Traditions International*

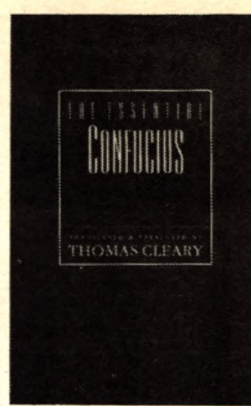
The Essential Confucius

The Heart of Confucius' Teachings in Authentic I Ching Order

By Thomas Cleary

\$18.00. cloth. ISBN 0062501577.

Confucius is one of the great figures in the history of human thought, a pioneering edu-



cator, social critic, and political scientist. As a philosopher and teacher, he addressed core human issues with such precision and clarity that his sayings have been preserved and studied over thousands of years. The *Analects* of Confucius are a basic source for a wide range of advice

on human affairs—from governing nations and managing enterprises to dealing with society and getting along with others.

This new presentation of the ever-popular sayings of Confucius is designed to bring the wisdom of a great teacher to another generation of readers. In his brilliant text, Thomas Cleary has arranged the sayings of Confucius in the order of the sixty-four classic I Ching hexagrams, which Confucius not only made available in their present form but also supplemented with his own written commentaries.

Widely recognized for his linguistic and technical mastery in the translation of ancient Chinese texts, Thomas Cleary now makes the great Confucian ideas on morality, behavior, business, diplomacy, and spirituality easily accessible to the western reader. *HarperSanFrancisco*

The Essential Tao

An Initiation into the Heart of Taoism through the Authentic Tao Te Ching and the Inner Teachings of Chuang Tzu

By Thomas Cleary

\$18.00. cloth. ISBN 0062501623.

This is Thomas Cleary's translation of two classic Chinese books describing the essential philosophy and practice of Tao, written long ago as maps of the Way: *Tao Te Ching* and *Chuang-tzu*. Cleary's bold new translations restore, as no other translations have yet done, the remarkable power and mind-opening distinctiveness of the original Chinese.

Composed in China over two thousand years ago and widely regarded as classics of world literature as well as honored for their practical wisdom, the *Tao Te Ching* and *Chuang-tzu* cover a wide range of subjects, from politics and economy to psychology and mysticism, from strategies for managing stress and maintaining health to ways to strengthen one's consciousness in a turbulent world.

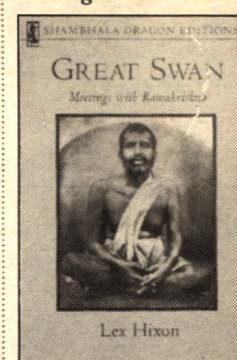
"Few of the world's great books," writes Cleary in his introduction, "have achieved the perennial currency of these writings. Countless readers have found endless fascination and enlightenment in the pregnant aphorisms and fantastic allegories of these ancient classics. Over the centuries the *Tao Te Ching* in particular has inspired many social and spiritual movements as well as a vast body of exegetical literature."

Together, these texts present the philosophical and practical core of classical Taoism while making Taoism's teachings more accessible than ever before to the Western reader. *HarperSanFrancisco*

If you live outside L.A. County, you can call us toll-free at **1-800-825-9798**

Great Swan

Meetings with Ramakrishna



By Lex Hixon

\$16.00. paper. ISBN 087773660X.

Great Swan is a dramatic retelling, for contemporary Westerners, of a series of encounters with the great Bengali sage Ramakrishna (1836-1886), who proclaimed the oneness of all religions and the worship of the blissful Divine Mother. By turns playful, brilliant, tender, and visionary, Ramakrishna offers a practical instruction as he meets with devotees and visitors in his room beside the holy river Ganges.

Lex Hixon holds joint citizenship in several sacred worlds—Advaita Vedanta, Islamic Sufism, Vajrayana Buddhism, Eastern Orthodox Christianity, and Soto Zen. He received a doctorate in philosophy and religion from Columbia University and is the author of *Coming Home: The Experience of Enlightenment in Sacred Traditions* and *Heart of the Koran*. *Shambhala Publications*

Nurture Your Spirits

By Taoist Master Ni, Hua-Ching

\$12.95. paper. ISBN 0937064327.



Everyone celebrates the custom of Halloween with its gathering of ghosts, but few people seriously look for the truth of spirits in their lives. Spirits are different from ghosts. Spirits are the essence of our life being. A person who is developed has a multitude of tiny spirits. In the tradition of Tao, a truly achieved Taoist is able to communicate with the spirits of the Heavens, the Earth and the ancestors inside and outside a life being.

If you are looking for spiritual clarity, this book provides a serious truthful answer. It comes from a Taoist who has directly learned the practices of the ancient achieved ones through his own experience. If you wish to attain a deep knowledge of your own life, you can change the direction of your search inwardly and objectively. With the correct method, individuals can know the spirits and obtain truthful spiritual knowledge. Then, no leader can fool them, nor will they fool themselves because of a lack of knowledge about the spiritual realm. This book is about spiritual awakening. It will help open your vision to see reality as the new frontier of your own life. *The Shrine of the Eternal Breath of Tao*

Countless readers have found endless fascination and enlightenment in the pregnant aphorisms and fantastic allegories of these ancient classics. Over the centuries the *Tao Te Ching* in particular has inspired many social and spiritual movements as well as a vast body of exegetical literature."



On the Way to Satori

A Woman's Experience of Enlightenment

By Gerta Ital

\$14.95. paper. ISBN 1852301554.

Gerta Ital was a sophisticated European cushioned by a comfortable upbringing when, by choice, she first experienced the sparse simplicity of life in a Zen Buddhist monastery. This was the initial

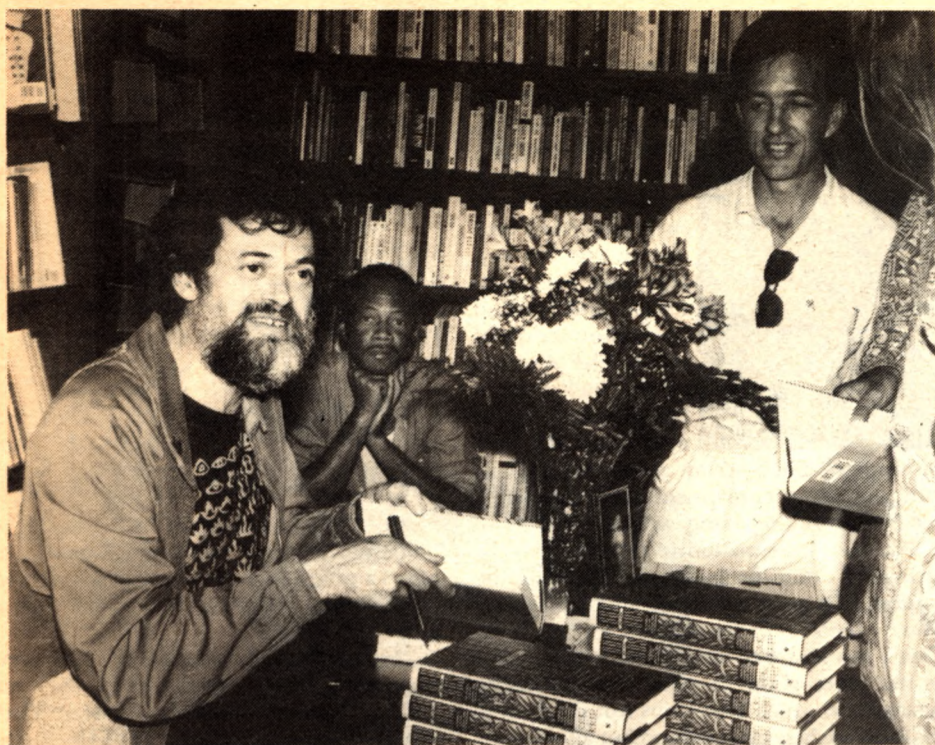


Photo by Louise Avila

Terence McKenna recently appeared at the Bodhi Tree to sign copies of his bestselling book *Food of the Gods*. His newest book is *The Archaic Revival*, a paperback anthology of recent writings, talks, and interviews that Tom Robbins calls, "A cyclone of unorthodox ideas capable of lifting almost any brain out of its cognitive Kansas."

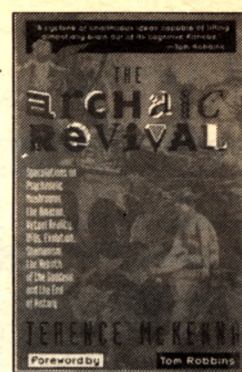
McKenna has spent twenty-five years exploring "the ethnopharmacology of spiritual transformation" and is a specialist in the ethnomedicine of the Amazon basin. He also shares the management of a botanical garden in Hawaii for endangered plants from the tropics.

The Archaic Revival

Speculations on Psychedelic Mushrooms, the Amazon, Virtual Reality, UFOs, Evolution, Shamanism, the Rebirth of the Goddess, and the End of History

By **Terence McKenna**, foreword by **Tom Robbins**
\$13.00. paper. ISBN 0062506137.

Cited by the *L.A. Weekly* as the "culture's foremost spokesman for the psychedelic experience," Terence McKenna is an underground legend as a brilliant raconteur, adventurer, and expert on the experiential use of mind-altering plants. In these essays, interviews, and narrative adventures, McKenna takes us on a mesmerizing journey deep into the Amazon as well as into the hidden recesses of the human psyche and the outer limits of our culture, giving us startling visions of the past and the future. *Harper-SanFrancisco*



Food of the Gods: The Search for the Original Tree of Knowledge

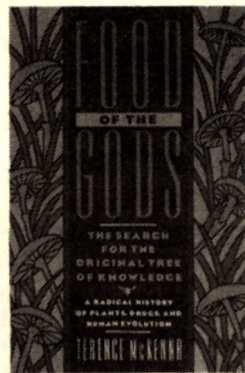
A Radical History of Plants, Drugs, and Human Evolution

By **Terence McKenna**
\$21.50. cloth. ISBN 0553078682.

Why, as a species, are humans so fascinated by altered states of consciousness? How have altered states affected our esthetics and our spiritual practices? Can altered states reveal something to us about our origins as human beings and our place in nature?

A journey to some of the Earth's most endangered people in the remote Upper Amazon...a look at the rituals of the Bwiti cults of Gabon and Zaire...a field watch on the eating habits of "stoned" apes and chimpanzees...and a learned but startlingly provocative historical study of man's use of mind-altering drugs—these adventures are all a part of ethnobotanist Terence McKenna's extraordinary quest to discover the fruit of the Tree of Knowledge. It's an odyssey of mind, body, and spirit that makes *Food of the Gods* one of the most fascinating histories of consciousness ever written.

More than twenty years ago, McKenna first encountered the visionary, ecstatic journeys of African tribes, Native Americans of the Southwest, and the peoples of the steamy interiors of South America's jungles. *Food of the Gods* is the startling, unexpected story of his discoveries. It provides a convincing "missing link" to explain humankind's development of language, superior intelligence, and culture; a doorway to the divine; and perhaps a solution for saving our troubled world. *Bantam Books*



stage of her long journey towards enlightenment, recalled in *The Master, The Monks and I*.

In this succeeding account, she recalls her childhood and formative influences, particularly reading Jung's memoirs. Then, in dramatic contrast to these early years, we follow her experiences in Shofuku-Ji, where she describes her innermost spiritual journeying and the glorious surrender which culminated in Satori. *Element Books*

Seeds of Peace

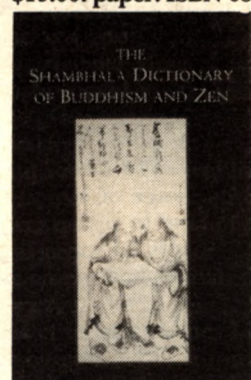
A Buddhist Vision For Renewing Society
By **Sulak Sivaraksa**, Foreword by **H.H. The Dalai Lama**, Preface by **Thich Nhat Hanh**
\$12.00. paper. ISBN 0938077783.

Seeds of Peace is a critique of modern society and a proposal for a more humane and livable world. Sulak Sivaraksa of Thailand is one of Asia's leading social thinkers and social activists. His wide-ranging work includes founding the International Network of Engaged Buddhists, inviting those in war zones from Burma and Sri Lanka to come for meditation retreats in Thai monasteries, and organizing poor workers throughout the Third World to discuss their common hardships. In *Seeds of Peace*, Sulak draws on his study and practice of Buddhism to approach a wide range of subjects, including economic development, the environment, Japan's role in Asia, and women in Buddhism. At once critical and compassionate, Sulak offers intelligent and creative alternatives to the destructive patterns of living so prevalent in the world today. *Parallax Press*

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The Shambhala Dictionary of Buddhism and Zen

By **Ingrid Fischer-Schreiber, Franz-Karl Ehrhard, & Michael S. Diener**, translated by **Michael H. Kohn**
\$19.00. paper. ISBN 0877735204.



With over fifteen hundred entries and forty-six illustrations, this is the most complete compact reference work of its kind available in the English language. It is designed not only for students and meditators but also as a tool to help familiarize all readers with Buddhist terms and concepts—such as *chakra, karma, koan, nirvana, and tantra*—that are encountered with increasing regularity in the literature of a wide range of fields today. The lives and teachings of important philosophers and meditation masters, the variety of practices, the basic texts and scriptures, and the range of sects and schools of thought are among the subjects covered. Pronunciation tables, a comprehensive bibliography, and a Ch'an/Zen lineage chart are also provided. *Shambhala Publications*

Treasures Against Time

Paramahansa Yogananda With Doctor and Mrs. Lewis

By **Brenda Lewis Rosser**
\$19.95. cloth. ISBN 0962901601.

Shortly after Paramahansa Yogananda first came to Boston, Massachusetts in 1920 as a delegate to the Congress of Religious Liberals, he met Doctor and Mildred Lewis. They quickly became his disciples, and they practiced his teachings faithfully throughout the course of their difficult but spiritually rewarding lives. In the late 1950s, Doctor tape-recorded a description (included in this

book) of his initiation into Kriya Yoga by Paramahansa Yogananda and the accompanying glimpse of Cosmic Consciousness. As an early confirmation to the spiritual tenor of his life, Doctor received a letter in 1922 from Swami Sri Yukteswar, the Guru of Paramahansa Yogananda, congratulating him, saying that he "had advanced so much in spiritual consciousness" as to appreciate the real truth of the religion.

Three of the lectures which Doctor Lewis gave to spiritual aspirants are also included in this book. These lectures provide the reader with an idea of the informal way in which Doctor spoke, and of the tremendous consciousness and spiritual force which flowed through him. Speaking to a group of disciples, Paramahansa Yogananda said, "I'm glad you attend Doctor's lectures. He gives not only the words, but the Spirit behind the words."

Mildred Lewis, herself an advanced disciple, recounts their early experiences and life with the Guru. Her warm and charming stories, and the Guru's heretofore unpublished letters to Doctor and Mildred Lewis, offer a rare and intimate account into the workings and personality of this world-renowned Master with two of his earliest American disciples.

Illustrated with pictures from the family album, this book contains a treasure trove of spiritual gems. *Borrego Publications*

Vedanta

Heart of Hinduism

By **Hans Torwesten**
\$10.95. paper. ISBN 0802132626.

Vedanta is the most encompassing and open of the six orthodox systems of Hinduism and is considered the quintessence of

Eastern thought and mysticism. An important part of modern intellectual Hinduism, Vedanta is often regarded as a truly universal



religion and has many adherents in the West. At the center of Vedanta lie the texts of the Upanishads and the Bhagavad Gita. Beginning with the premise that man is a divine being whose greatest source of strength is his intuition, Vedanta seeks not merely the accumulation of knowledge, but rather the annihilation of all knowledge. Its goal is an unclouded inner world that will allow us to exist untroubled by the complexity of the outside world.

For those interested in a concise and intelligent overview, as well as those who seek a better understanding of what is at the heart of Hinduism, *Vedanta* is a unique and thought-provoking guide. *Grove Weidenfeld*

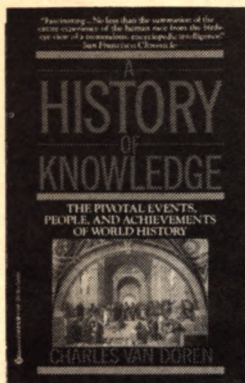
General Religion & Reference

A History of Knowledge

The Pivotal Events, People, and Achievements of World History

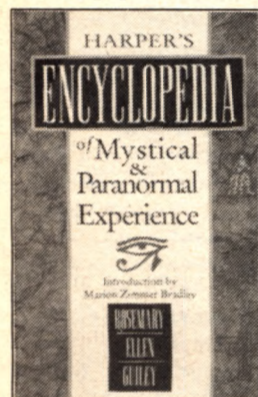
By **Charles Van Doren**
\$12.00. paper. ISBN 0345373162.

Here is a compendium of everything that humankind has thought, invented, created, considered, and perfected from the beginning of civilization into the twenty-first century. Massive in its scope and yet totally accessible, *A History of Knowledge* covers not only all the great theories and discoveries of the human race, but also explores the social conditions, political climates, and individual



men and women of genius that brought ideas to fruition throughout history. You'll find capsule portraits of the people whose thinking has shaped our world through their contributions to art, science, literature, and world history: Buddha, Einstein, Leonardo da Vinci, Picaso, Aristotle, Edison, Shakespeare, George Eliot, and dozens more. In surveying the great world civilizations, this book also explains such essentials as the Greek ideal of justice, how Columbus's discoveries led to the African slave trade, the political and social conditions that sparked the invention of the scientific method, and many other key movements and concepts that have continuing relevance today. Indeed, readers who crave a single all-inclusive reference volume to intellectual history will find themselves dipping into this indispensable book again and again. *Ballantine Books*

Harper's Encyclopedia of Mystical & Paranormal Experience
By Rosemary Ellen Guiley
\$19.95. paper. ISBN 0062503669.



Painstakingly researched, and reviewed by top experts in the field, this practical and fascinating reference is an invaluable resource for anyone seeking a deeper understanding of the mystery of alternate realities. With more than 500 cross-referenced entries, this is the most substantial and comprehensive encyclopedia of its kind in more than twenty-five years.

Harper's Encyclopedia of Mystical and Paranormal Experience features:

- Major figures in the field—Blavatsky, Cayce, Castaneda, Gurdjieff, Huxley, Krishnamurti, Merton, and many others;
- In-depth explanations of different mystical and divinatory techniques—such as alchemy, astrology, dowsing, magic, and palmistry;
- Mystical Traditions—*A Course in Miracles*, Christian Science, Freemasonry, Huna, Christianity, Sufism, Kabbalah, Taoism, Zen;
- Places—Ashrams, Avebury, Nazca lines, Power points, Stonehenge;
- Phenomena—Apparitions, Deja Vu, Exorcism, Firewalking, Hauntings, Levitation, Poltergeists, Possession, and Xenoglossy.

This comprehensive, lavishly illustrated encyclopedia is likely to become a standard reference guide to understanding the mystical experience. *HarperSanFrancisco*

Silence, Simplicity, and Solitude
A Guide for Spiritual Retreat
By David A. Cooper
\$18.00. cloth. ISBN 0517586207.



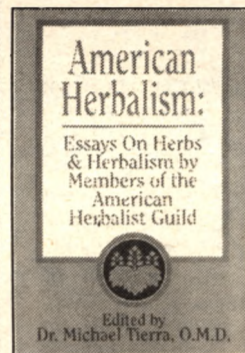
In *Silence, Simplicity, and Solitude* David Cooper demonstrates the indispensable role of retreat in the world's religions and shows how mystics have always used this spiritual practice as a vehicle for cultivating awareness. Cooper develops the theme that not only is silence a great heal-

er, it also gives us insight into deeper truths. For many readers this book will be an important resource for learning more about the religion of their birth as well as for discovering remarkable universal parallels in the wisdom teachings of other traditions.

Silence, Simplicity, and Solitude leads us through every aspect of a retreat—whether in the company of others or on our own—so that we may have personal, direct experience of the “still small voice” within each one of us. *Bell Tower*

Health & Cooking

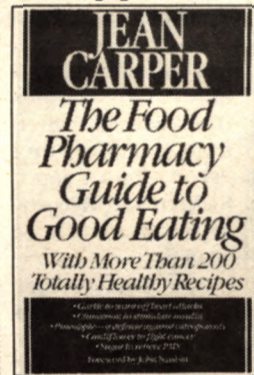
American Herbalism
Essays on Herbs & Herbalism by Members of the American Herbalist Guild
Edited by Dr. Michael Tierra, O.M.D.
\$15.95. paper. ISBN 0895945401.



Today, people faced with unsatisfactory solutions to their health problems are resorting more frequently to herbs, often self-prescribed. Many are getting incredible results for conditions ranging from cancer, heart disease, infertility, arthritis and AIDS to chronic

headaches and the common cold. The wide range of topics here includes a history of herbal medicine, Chinese-American Herbalism, herbal energetics in clinical practice and specific case studies. With contributions by some of America's most renowned and representative herbalists—James Green, Jeanne Rose, Christopher Hobbs, Michael Tierra and others—*American Herbalism* should appeal to readers with all levels of experience and interest. *The Crossing Press*

The Food Pharmacy Guide to Good Eating
With More Than 200 Totally Healthy Recipes
Jean Carper
\$13.50. paper. ISBN 0553352776.

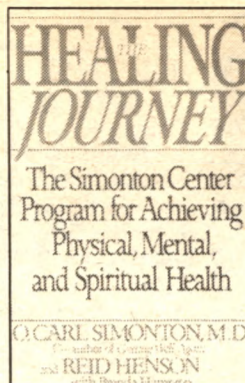


Food is the oldest and safest preventative medicine in the world. Many common foods we take for granted can actually help fight and even prevent disease. Now, Jean Carper, author of the best-seller, *The Food Pharmacy*, blends the wisdom of ancient civilizations with our own folk traditions and the latest scientific findings to present a cookbook of delicious recipes designed to help you reap the most therapeutic benefits from the foods you eat. For instance, bran muffins can help fight depression, fruits and nuts increase brainpower, and citrus fruits help block cancer.

From spinach with soy and sesame seeds to help ex-smokers fight lung disease to pasta with asparagus and salmon for athletic performance and pumpkin frozen yogurt for the heart, *The Food Pharmacy Guide to Good Eating* is a priceless prescription for good health and good living. *Bantam Books*

The Healing Journey
The Simonton Center Program for Achieving Physical, Mental, and Spiritual Health
By O. Carl Simonton and Reid Henson with Brenda Hampton
\$22.50. cloth. ISBN 0553082825.

In this inspiring sequel to the classic, *Getting Well Again*, an extraordinary doctor and one of his patients offer powerful healing



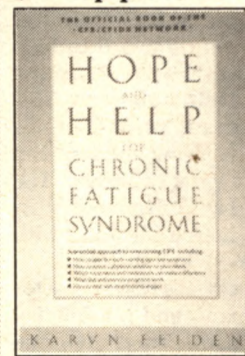
ideas to anyone touched by life-threatening illness. At age forty, businessman Reid Henson was diagnosed with a rare form of cancer. His prognosis was grim: less than two years to live. But though the medical establishment wrote Reid off, he did not give up. Instead, he entered the Simonton Cancer Center. Dr. O. Carl Simonton, a world-renowned oncologist, not only offered Reid hope, but encouraged him to participate in regaining his own health through the use of a variety of tested ideas. Today, more than ten years after his “terminal” diagnosis, Reid Henson is vitally alive. He and Dr. Simonton invite you to share his miraculous journey to health and to begin one of your own.

In part one of *The Healing Journey*, Dr. Simonton outlines the program currently in use at his world-famous Simonton Cancer Center in California. It is a program based on the guiding principle that beliefs, attitudes, and emotions play a major role in determining the quality of our lives and health. Dr. Simonton presents convincing new research reports on the value of mind-body methods. He then introduces the tools at the heart of his program: guided imagery and meditation techniques that will help you harness the power of your mind and spirit to heal your life.

Part two of *The Healing Journey* offers words of comfort and strength from one who knows what it's like to be gravely ill—and then to experience the miraculous. It is built around a series of remarkable letters Reid Henson wrote to other cancer patients, tracing the spiritual growth that resulted in his “miracle.” These letters offer an intense look at a cancer patient's innermost thoughts and feelings. Originally mailed once a week, they form an ongoing meditation on such topics as becoming a “student of life”, dealing with guilt and self-blame, conquering fear, and becoming more aware of God's will. Dr. Simonton's follow-up interpretations and comments offer many practical ways to put the wisdom of the letters to work for you.

Honest, accessible, and deeply reassuring, *The Healing Journey* is an invaluable guide to enriching your days, improving your health, and strengthening your will to live. *Bantam Books*

Hope and Help for Chronic Fatigue Syndrome
The Official Guide of the CFS/CFIDS Network
By Karyn Feiden
\$10.00. paper. ISBN 0671759442.



If you or someone you love has Chronic Fatigue Syndrome, and if you are sick and tired of being ignored or patronized, here is a book that can make a dramatic difference in your life. Written in conjunction with the Chronic Fatigue Syndrome/Chronic Fatigue Immune Dysfunction Syndrome (CFS/CFIDS) network, it sets forth a practical, creative, step-by-step approach to coping with the illness, along with the latest information on the groundbreaking research that offers new hope and help for the future. *Fireside*

THE FUTURE OF THE BODY

Explorations Into the Further Evolution of Human Nature
by Michael Murphy

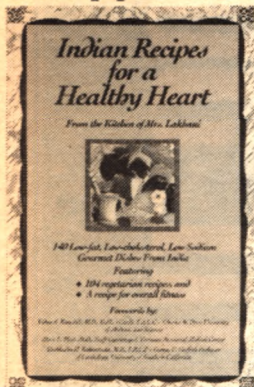
“Once in a generation an idea so new, so bold, bursts forth that it shatters our neat categories and changes the way we view the human condition. *The Future of the Body* transforms our understanding of the body, the psyche, and the spirit.” —SAM KEEN
author of *Fire in the Belly*

“An impressively researched, authoritative and absolutely mind-boggling survey of the transformative capacities of human nature. Reveals a world of wonders.” —*Kirkus Review*

Cloth, 800 pages
Jeremy P. Tarcher, Inc.
A MEMBER OF THE PUTNAM BERKLEY GROUP, INC.

Indian Recipes for a Healthy Heart

140 Low-fat, Low-cholesterol, Low sodium Gourmet Dishes From India
From the Kitchen of Mrs. Lakhani
\$14.95. paper. ISBN 0963023500.



The word diet in almost any context conjures up visions of uninteresting food, sacrifice and deprivation. *Indian Recipes for a Healthy Heart* proves that a healthful diet can be anything but boring or depriving.

This remarkable book came about as a result of Mrs. Lakhani's concern for the health of her family and others. As a cookbook, it is not just a collection of Indian recipes. Each recipe in this book is a well known favorite which has been modified, tested and analyzed to ensure that it retains its authentic Indian taste and flavor and is also worthy of inclusion in a healthful diet.

This unique book provides a treasure chest of heart-healthy Indian recipes complete with their nutrient analysis. Armed with this book, people who usually eat Indian food can now continue enjoying their favorite dishes, knowing what they are eating, and assured that their diet meets the guidelines prescribed by the medical community. *Fahil Publishing Company*

The Moosewood Restaurant Kitchen Garden

Creative Gardening for the Adventurous Cook
By David Hirsch
\$15.00. paper. ISBN 0671755978.



Anyone who has ever tasted the incomparable flavor of home-grown herbs and vegetables knows the culinary delights a garden can produce. David Hirsch shares his personal experience and

expertise in this charming and practical guide to gardening for the kitchen. In a simple, straightforward text, he gives instructions for growing, harvesting, and using over 30 vegetables and 35 herbs, and advice on gardening techniques. Included are a unique section on garden design and a chapter of recipes that celebrate the bounty of the garden. Whether you cultivate a window box of herbs or an elaborate garden, *The Moosewood Restaurant Kitchen Garden* is the ideal companion. *Fireside*

Rain Forest in Your Kitchen

The Hidden Connection Between Extinction and Your Supermarket
By Martin Teitel
\$10.95. paper. ISBN 1559631538.



The biodiversity crisis—the extinction of thousands of species of plants and animals—is not just a faraway problem for scientists to solve. Instead, the crisis is as close as our backyards, our gardens, and our refrigerator shelves. This engaging, practical guide inspires average Americans to wield their consumer power in favor of pro-



JUICING

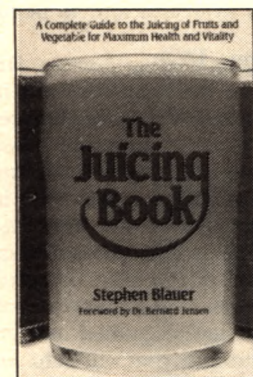
The Juiceman's Power of Juicing

Delicious Juice Recipes for Energy, Health, Weight Loss, and Relief from Scores of Common Ailments
By Jay Kordich
\$15.00. cloth. ISBN 0688114431.

Known as "the Juiceman," Jay Kordich's book details his revolutionary program for staying healthy, looking young, getting trim, and feeling great—all by taking advantage of the natural healing power of fresh fruit and vegetable juices.

The Juiceman's Power of Juicing shows how you can use delectable fresh juice combinations to help lower your cholesterol, overcome fatigue, lose weight, reduce your risk of many serious diseases, and relieve scores of common ailments, such as headaches, insomnia, and upset stomach.

Jay Kordich has devoted the last five decades to traveling around the country promoting the healing power of juicing. This is a useful guide to the health revolution that can give you more energy and have you feeling and looking better. Includes more than 100 unique and delicious recipes. *William Morrow & Co.*



The Juicing Book

A Complete Guide to the Juicing of Fruits and Vegetables for Maximum Health & Vitality
By Stephen Blauer
\$8.95. paper. ISBN 089529253X.

For centuries the world's greatest civilizations have known about the importance of fresh juice derived from fruits and vegetables. The have used juices to retain health, restore vigor, and overcome illness. Only in recent times, with the arrival of refined commercial juices, has the value of juices declined. Relegated to the status of soft drinks, the majority of bottled and canned juices available today offer very little benefit to the consumer.

The Juicing Book is a complete guide to using juices to maximize your health and vitality. Stephen Blauer offers up-to-date information on the value of juicing in relationship to your body's needs; explains the differences between commercially grown crops and organically grown produce; and provides easy-to-follow techniques for ridding fruits and vegetables of herbicides and pesticides. Also included are delicious recipes, comprehensive charts, and detailed instructions on using various kinds of juicers. *Avery Publishing Group*

Protecting the world's plant and animal species.

Environmental activist Martin Teitel offers compelling evidence that by slightly modifying how we shop, eat, and garden, we can collectively influence the operating decisions of today's corporate agribusiness and help preserve our precious genetic resources. Teitel explains how buying pasta helps the gene pool, why our choice of when to eat fruits and vegetables affects biodiversity, and which garden seeds promote biological diversity. His strategies are so simple that they require no significant lifestyle change or expense. *Island Press*

Thorsons Introductory Guide to Homoeopathy

By Dr. Anne Clover

\$7.00. paper. ISBN 072252529X.

Homoeopathy, a remarkable system of medicine founded nearly two hundred years ago by Samuel Hahnemann, a German physician, is enjoying a widespread revival of interest. The basis of homoeopathy is treating likes with likes, but there is a lot more to it than that.

Dr. Anne Clover, a medically trained doctor who practices homoeopathy and is a hospital consultant in homoeopathic medicine, outlines Hahnemann's original discoveries and describes in easy to read style all about homoeopathy today and how it can help you. This is an invaluable guide for those coming into contact with homoeopathic medicine for the first time. *Thorsons*

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you can call us toll-free at
1-800-825-9798

Vegetarian Cooking for Good Health

By Gary Null

\$12.95. paper. ISBN 0020100507.



In this book Gary Null and his daughter, Shelly Null, bring you a wonderful new array of low-fat, low-sodium, low-sugar, low-cholesterol, and high-fiber recipes that prove a nutritious, meatless diet doesn't mean you'll have to sacrifice any of the flavor you're used to.

Recipes are included for: Apple Cinnamon French Toast with Banana Sauce, Tangy Cucumber-Arame Salad, Risotto with Shitake Mushrooms Parmesan, Baked Avocados with curried Nut-and-Raisin stuffing, Hot and Spicy Baked Tofu and Broccoli Stir Fry, and Sweet Coconut Rice Pudding. These are just a few of the more than 300 delicious breakfast dishes, appetizers, drinks, pasta dishes, fish dishes, rice and grain dishes, sauces and gravies, and desserts you'll find in *Vegetarian Cooking for Good Health*, an excellent resource for everyone, whether you're a veteran vegetarian looking for some new culinary creations or one of the millions of Americans interested in bettering their health by reducing the amount of meat in their diet. *Collier Books*

Literature

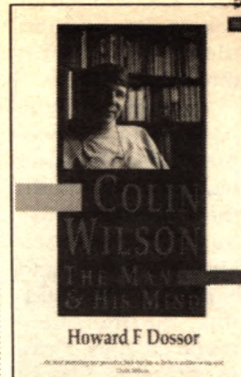
Colin Wilson

The Man and His Mind

By Howard F. Dossor

\$21.95. paper. ISBN 1852301767.

In this book, Howard F. Dossor explores



Howard F. Dossor

Colin Wilson's background with authority and elegance. More significantly, he offers an intelligent and critical evaluation of the many disciplines through which Wilson's philosophy has been expressed: psychology, sexology, criminology, occultism, critical theory, and fiction. He

also surveys the critical response made to Wilson's work.

With full endorsement from Wilson himself, who has described this book as the best study yet made of his work, the author has provided us with a book that is scholarly, yet eminently readable; objective, yet full of personal insights. It's a work that provides a depth of understanding which the experienced Wilson reader will find thought-provoking and which anyone approaching Wilson for the first time will find invaluable. *Element Books*

Imperial Messages

One Hundred Modern Parables

Edited by Howard Schwartz

\$23.95. cloth. ISBN 0879513969.



One Hundred Modern Parables

EDITED BY HOWARD SCHWARTZ

Whether incorporating the innocent charm of a fairy tale or the menacing confusion of a dream, the modern parable—like its predecessor the ancient scriptural parable—is a brief story infused with a moral dimension. Meaning does not lie exposed on the surface, but, sub-

merged, waits for the reader who has ears to hear the message, which may come instantly as an insight or reveal itself languorously, stirring up the unconscious contents of the psyche. This meaning or moral is the essence of the narrative form which has continued to challenge some of the most important thinkers and writers of the 20th century, including Franz Kafka, Jorge Luis Borges, Elie Wiesel, Isak Dineson, Bertolt Brecht, Isaac Bashevis Singer, Italo Calvino, and Gabriel Garcia Marquez. With this splendid collection, editor and parablest Howard Schwartz announces "the resurrection of the parable as a literary genre," presenting 100 parables by 72 modern practitioners of the form, placing primary emphasis on writers of this century and including a sampling of 19th-century parables by such writers as Dostoevsky, Poe, and Gogol.

With backdrops ranging from ancient civilizations to a motorcycle social club to space travel, these modern parables speak to both the emotions and the intellect. The title story, Kafka's "An Imperial Message," tells of a message from a dying emperor to his lowliest subject, a message which must travel a long distance and, even then, doesn't quite arrive. Kafka counsels both the subject and the modern reader, "you sit at your window when evening falls and dream it to yourself." Charming, imaginative, and enigmatic, these modern parables have been dispatched to provide the reader with messages to read, to dream on, to ponder, and to enjoy. *Overlook Press*

Jazz

By Toni Morrison

\$21.00. cloth. ISBN 0679411674.

In the afterglow of her widely celebrated, Pulitzer Prize-winning best-seller, *Beloved*,



Toni Morrison moves to even higher ground. *Jazz*, her eagerly awaited new novel, is spellbinding for the haunting passion of its profound love story, and for the bitter-sweet lyricism and refined sensuality of its powerful and elegant style.

Joe Trace, a door-to-door salesman of beauty products and a devoted husband in his fifties, shoots to death his lover of three months—impetuous, eighteen-year-old Dorcas. At the funeral, his determined, hard-working wife, Violet, who talks mostly to birds, tries to disfigure the corpse with a knife.

In a dazzling act of jazz-like improvisation, moving seamlessly in and out of past, present, and future, a mysterious voice—whose identity is a matter of each reader's imagination—weaves this brilliant fiction and shows how its "blues" are informed by the brutal exigencies of slavery. Richly combining history, legend, and reminiscence, this voice captures the ineffable mood and the complex humanity of black urban life at a time in our history we assumed we understood. *Alfred A. Knopf*

The Theory of Everything

By Lisa Grunwald
\$9.99. paper. ISBN 0446393681.

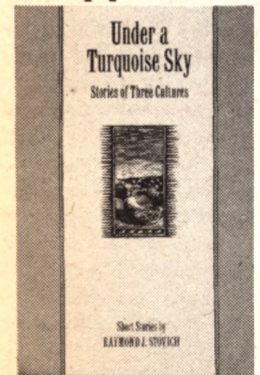


For years, physicist Alexander Simon has been hiding behind his equations. Driven by an insatiable quest for knowledge, his genius has led him to one academic success after another. But now, at the age of thirty, and on the verge of his finest achievement—unifying all the great theories of the universe—Alexander's world becomes unraveled.

After an absence of twenty years, his mother reappears, floating back into his life on a wave of astrological and numerological beliefs. Along with a seductive palm reader, she guides Alexander through the questions he could never solve—and was too afraid to ask. Suddenly, he is compelled to confront the mystical forces around him and to come to terms with the two most important women in his life—the guardian angel who evades his touch and the girlfriend who longs for it. *Warner Books*

Under a Turquoise Sky

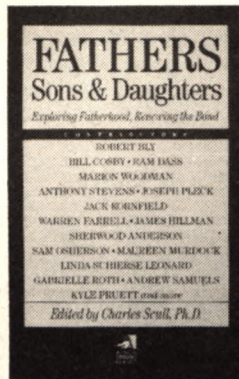
Stories of Three Cultures
By Raymond J. Stovich
\$9.95. paper. ISBN 0873585402.



The three strands of New Mexico culture—Native American, Hispanic, and Anglo—are skillfully woven together in this collection of seventeen short stories. There are stories about weaving, writing, dancing, healing, friendship, community, and witchcraft, as well as four "urban Coyote" tales that are a much-loved part of New Mexico story-telling. The stories give various but penetrating glimpses of northern New Mexico, a land where the turquoise sky meets the ochre hills, where the people live lives of subtle mystery and passion. *Entrada Books*

Men's Studies

Fathers, Sons, & Daughters
Exploring Fatherhood, Renewing the Bond
Edited by Charles Scull, Ph.D.
\$13.95. paper. ISBN 0874776813.

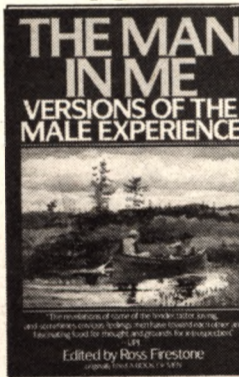


Whether a father-child bond is fundamentally life-affirming or painful, instructive or destructive, it is always formative—it shapes the child's most significant feelings and beliefs; and in turn it shapes the father's sense of his success in one of life's most primary roles. Psychology has mainly neglected the study of this vital bond in favor of the mother-child relationship. Today, however, with tremendous changes taking place in the patterns of family life, and a growing interest in the experience of being a man in our society, we are rediscovering the critical role of fathering.

This book, an anthology with contributions by notable writers such as Robert Bly, Ram Dass, Marion Woodman, and James Hillman, is a timely and panoramic exploration of the emerging meanings of fatherhood. Whether readers are fathers themselves or are adult sons and daughters who seek to heal the wounds with their fathers, this collection offers insight and inspiration. It explores the evolving role of the father as he moves back to center stage in the family, the father-son and father-daughter relationships, the new forms of fatherhood, such as divorced, single, and gay fathers, and the reconciliation process for everyone seeking to deepen the bond with their father.

The poems, stories, and essays in this volume create a new vision of possibilities for fathers and their children of any age. *Jeremy P. Tarcher*

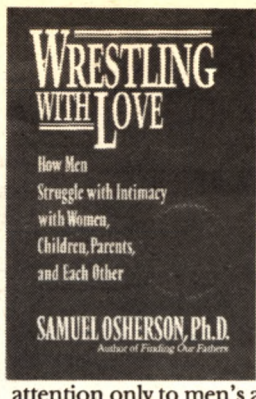
The Man in Me
Versions of the Male Experience
Edited by Ross Firestone
\$11.00. paper. ISBN 006097432X.



From Kierkegaard to Lenny Bruce, Kafka to Raymond Chandler, Gurdjieff to Huey Newton, great thinkers and artists provide their personal and provocative views of the male experience. Honest and personal, often erotic or moving, these writers explore the conventional roles of sons, lovers, husbands, and fathers in a most unconventional way. Their perceptions of their own maleness form a book both intimate and timely. The selections include George Bernard Shaw's enigmatic commentary on his mother, Aldous Huxley's poignant descriptions of his wife's death, and Dalton Trumbo's earthy advice to his son—all experiences that are as distinctly individual as they are reassuringly familiar. Inspiring and thought-provoking, *The Man in Me* is a worthy contribution to human understanding. *HarperPerennial*

Wrestling With Love
How Men Struggle with Intimacy with Women, Children, Parents, and Each Other
By Samuel Osherson, Ph.D.
\$20.00. cloth. ISBN 0449905500.

In recent years, men have been attacked for being emotionally re-mote, indifferent to rela-



tionships, and afraid of intimacy. Not surprisingly, many men feel bombarded by the demand to become more expressive, "to show their feelings more"—a vague proposition that's difficult to carry out. But as the author explains in his new book, if we pay attention only to men's apparent wish to avoid intimate relationships, then we fail to perceive their deep need to connect and their hidden but very real attempts at intimacy.

In *Wrestling With Love*, Harvard psychologist Sam Osherson, author of the highly acclaimed *Finding Our Fathers*, reveals how men in our culture struggle to achieve intimacy in their relationships, even as strong messages about masculinity demand that they hide their desire for attachments. Osherson begins by offering a startling observation based on his extensive experience with men: the desire to connect and the impulse to shun intimacy often arise *at the same time*. Osherson looks at how this ambivalence undercuts men at every stage of their lives, from boyhood through grandfatherhood, and offers concrete, workable advice for how men can free themselves from these conflicts.

Middle Eastern Religions and Culture

A History of the Arab Peoples
By Albert Hourani
\$14.99. paper. ISBN 0446393924.

No region in the world today is more

important than the Middle East; no people more misunderstood than the Arabs. In this definitive masterwork, distinguished Oxford historian Albert Hourani offers the most lucid, enlightening history ever written on the subject. From the rise of Islam to the Palestinian issue, from the Prophet Mohammed to Mu'ammarr al-Qadhafi, *A History of the Arab People* chronicles the rich spiritual, political, and cultural institutions of this civilization through thirteen centuries of war, peace, literature, and religion. Lauded by authorities, encyclopedic and panoramic in its scope, here is a remarkable window on today's conflicts—and on the future of a glorious and troubled land. *Warner Books*

Look! This is Love
Poems of Rumi
Translated by Annemarie Schimmel
\$10.00. paper. 4" x 5". ISBN 0877735417.

Some of the finest examples of mystical verse by one of the world's most revered poets are here translated from the Persian by Annemarie Schimmel, an internationally known scholar of Islamic studies.

Jalaluddin Rumi (1207—1273) was a young professor of theology in Konya (Turkey) when he was transformed into an ecstatic



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mystic by his meeting with the wandering dervish Shamsuddin of Tabriz, who became for him a reflection of the Divine beloved. Inspired by his beloved friend, Rumi poured out thousands of verses expressing a wonderful, high-soaring love for God. Rendered in rhythmic language, the poems in this book echo the enraptured dances invented by Rumi and made famous by the Whirling Dervishes.

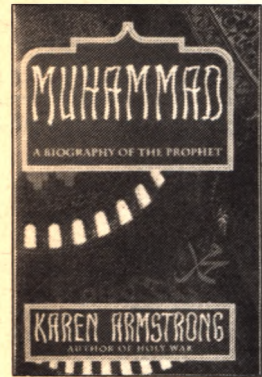
This beautifully produced book, one of Shambhala's Centaur Editions, contains beautiful illustrations of dervishes by the German artist Ingrid Schaar. *Shambhala Publications*

Muhammad

A Biography of the Prophet

By Karen Armstrong

\$23.00. cloth. ISBN 0062500147.



In this vivid, detailed, and accessible biography of Muhammad (570-632), Karen Armstrong shows that though "we know more about Muhammad than about the founder of any other major faith," and though "Muhammad's spiritual experience bears an arresting similarity to that of the prophets of Israel, St. Teresa of Avila and Dame Julian of Norwich," misunderstanding, hatred, and fear of Islam prevail in the West.

Armstrong traces this hostility to Islam's strength and rapidly expanding empire in the seventh century. She explores the failure of the Crusades and the widespread European demonization of "Mahomet," she examines Muhammad's and the Qu'ran's contributions to human spirituality; discusses Muhammad as an agent of Arab unification; and compares Judaism, Christianity, and Islam. Armstrong provides answers to the questions of non-Muslim Westerners:

- Did Muhammad found a religion of the sword?
- Why do Muslims regard politics as a religious duty?
- Why have Muslims been unable to establish a secular ideology like the West has?
- How could a man of god be prepared to fight and kill?
- Did Muhammad found a misogynistic religion that oppresses women?

Most importantly, Armstrong strips away centuries of distortion and myth to present a balanced view of the man whose religion continues to dramatically affect the course of history. *HarperSanFrancisco*

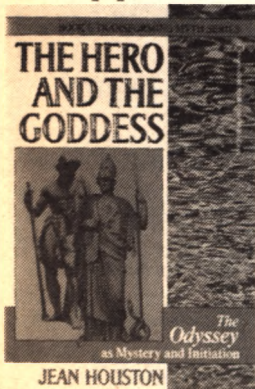
Mythology

The Hero and the Goddess

The Odyssey as Mystery & Initiation

By Jean Houston

\$12.00. paper. ISBN 0345365674.



Within the world's great myths lie the patterns of human and spiritual realities. For many in today's world—cut off from nature, self, society, and spirit—entry into the force field of myth and symbol can be a powerful path to reconnecting with the integrity of existence.

Jean Houston has explored this soul journey of transformation in her widely acclaimed, pioneering work with more than thirty-five traditional cultures from India to

Mexico to Australia, in her Sacred Psychology seminars, and in her work with Joseph Campbell and Margaret Mead. In a synthesis of psychology, anthropology, history and new physics, Houston shows how, in re-living the great myths, we learn to live our own story more consciously and dramatically.

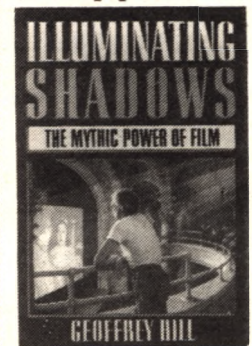
The Hero and the Goddess provides an experiential journey into a myth and mystery potent for the last three thousand years. *The Odyssey*, metaphor for the genesis of a new society and re-created consciousness, speaks with stunning relevance to our time, and offers a superlative map for one's own personal voyage. Houston interprets each episode in the epic, including Odysseus' confrontation with the Cyclops, his temptation by the Sirens, his descent into the underworld, and his ultimate reunion with the subtle and brilliant Penelope. As he encounters the archetypes who embody the mysteries of the feminine principle, Odysseus works with his partner, the Goddess Athena (protector, challenger, and Great Friend). Jean Houston shows how we too can identify the archetype within us who will act as Great Friend and guide to our own transformation. *Ballantine Books*

Illuminating Shadows

The Mythic Power of Film

By Geoffrey Hill

\$17.00. paper. ISBN 0877736456.



In this, the first book-length study of film as a vehicle of mythology, Geoffrey Hill sees the movie theater as a modern tribal dreamhouse in which the audience participates in the magic of cinematic shamans. In his engaging analyses of seventeen films—from *It's a Wonderful Life* to *Blue Velvet*—Hill uncovers timeless mythic themes as well as patterns unique to our own age. Leaning in a Jungian, eco-feminist direction, Geoffrey Hill interprets the archetypal symbolism of films in a way that has meaning for the collective soul. Films analyzed include *The Sailor Who Fell from Grace with the Sea*, *The Seventh Seal*, *It's a Wonderful Life*, *Shane*, *Blue Velvet*, *Repo Man*, *Field of Dreams*, *Taxi Driver*, *The Graduate*, and *The Trip to Bountiful*. *Shambhala Publications*

Luna: Myth & Mystery

By Kathleen Cain

\$15.95. paper. ISBN 1555660703.



From goddess worship to space exploration, *Luna: Myth & Mystery* examines the experience of the moon in human history, using evidence from anthropology, history, religion, folklore, literature, art, and oral tradition. This unique treasury of moon lore explores traditions associated with specific phases of the moon, the influence of the moon in the natural world, the moon's roles in creation myths, moon festivals and foods, lunar calendars, and the inspired lunacy of songs, poems, and nursery rhymes. Surveying the diverse lunar traditions of Mesopotamia, Africa, China, the British Isles, pre-Columbian America, and Europe not only reveals how cultures have perceived the moon, but gives us a new understanding of

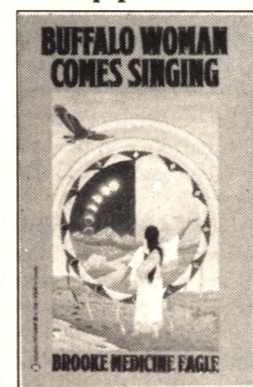
our most ancient companion. In her thoughtful examination of modern moon lore Kathleen Cain raises intriguing questions: Why did NASA name its lunar missions after a sun god? Is our romance with the moon dead now that astronauts have walked on its surface? And why do we strap moon watches on our wrists instead of looking up at the sky? *Luna* is an invitation to savor the delightful stories and tales we have created to understand and explain our own lives and the life of that mysterious and shining orb which, even though it goes away, always comes back. *Johnson Books*

Native Americans

Buffalo Woman Comes Singing

By Brooke Medicine Eagle

\$12.50. paper. ISBN 0345361431.



Brooke Medicine Eagle—Earthkeeper, visionary, teacher, poet and psychologist—was raised on a Crow reservation in Montana. Now, in *Buffalo Woman Comes Singing*, she traces her spiritual development from her first guided steps on the medicine path to her ongoing work as one of the most highly respected Native American teachers of the modern era.

Buffalo Woman Comes Singing explores fascinating uses of traditions like the Medicine Wheel; healing through ritual action; dreamtime; and the moon lodge, the woman's place of retreat and visioning. These powerful personal tools integrate ancient wisdom with contemporary experience, as Buffalo Woman calls each spiritual warrior to her own true place in the dance of life.

"This vibrant book of wonders speaks true and dreams deep. Writing with blazing honesty she tells of her hard won knowledge of many of the world's spiritual and healing traditions while holding the Sacred Hoop of Native American wisdom. This magnificent teacher becomes for us a new embodiment of White Buffalo Woman."—Jean Houston *Ballantine Books*

Center of the World

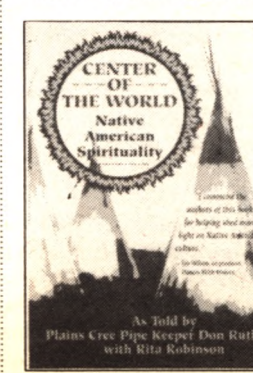
Native American Spirituality

As told by Plains Cree Pipe Keeper Don Rutledge, with Rita Robinson

\$12.95. paper. ISBN 0878771727.

"The Native American can never return to the Buffalo hunt, but Native American spirituality can live wherever we are. The condition of the earth today brings pain and tears to us, and uncertainty for the unborn children of the world. The only way we can begin to heal Mother Earth is by taking personal responsibility for our own circle. We can begin by understanding a little of what is happening to our sacred earth, and how technology alone will not save us. Rather, we need a rebirth of our spiritual heritage."—from the preface

Center of the World: Native American Spirituality teaches that we are connected to one another and to all creation. From this central belief—common to all the rich and diversified Native American cultures—comes the realization that you can live a simple and reverent life in a complex world. You can repair the damage created by modern society. You can live in balance with all creation.

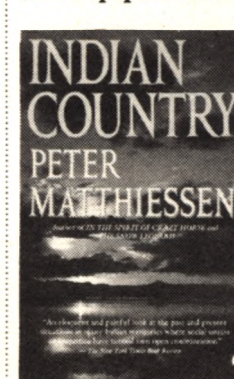


Authors Don Rutledge and Rita Robinson draw upon Cree and other Native American traditions to present rituals and ceremonies that speak a universal language of respect for the earth and our place among all other living things. *Center of the World* will open your eyes to many of the myths and misunderstandings about the Native American. The simple ceremonies and spiritual beliefs presented in this book will enrich your life and help heal the earth. *Newcastle Publishing Co.*

Indian Country

By Peter Matthiessen

\$11.00. paper. ISBN 0140130233.



Citing ten important instances where the white man has encroached upon the sacred grounds of Indian tribes, Matthiessen describes how the tragic effects of confrontation are bound to harm both the Indian and the white man. He takes the reader on a journey through the lands of

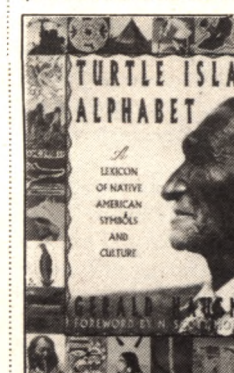
the Micosukee; Hopi; Cherokee; Mohawk; Yurok and Karuk of the Pacific Northwest; Lakota; Chumash; Paiute, Shoshone and the Ute of the Great Basin; and Navajo of "Big Mountain." In each case, irrevocable destruction by the white man threatens the Indian's land and culture. With absorbing detail, Matthiessen offers us a vision of lands and peoples whom we ignore at our own peril. *Penguin Books*

Turtle Island Alphabet

A Lexicon of Native American Symbols and Culture

By Gerald Hausman, foreword by N. Scott Momaday

\$19.95. cloth ISBN 0312071035.



This is a beautifully designed collection of Native American myths and legends that reveal the deeper meanings of the culture of our nation's original civilization.

Gerald Hausman, a prominent storyteller from the Southwest, was once asked during a seminar, "What place does the white man have in the native tradition of this country—we who have done our best to destroy the old ways?" Hausman's answer was that of a Sioux medicine man who had once been asked the same question: "The time has come to bury our dead horses."

Hausman has spent more than twenty years studying, collecting, and narrating Native American stories. *Turtle Island Alphabet*, which collects his life's research and work into one volume, is a lexicon of images and symbols central to Native American life. More than a simple dictionary, *Turtle Island Alphabet* is a lyrically and poetically written work that reaffirms the view that Native Americans once held of the land.

Sample extracts from the book:

- ARROW: "The arrow is a perfect conception. A thing of beauty, utility, economy, compressed into the most primary shape there is, the straight line."
- BASKET: "When you think of a basket, do you not also think of an offering? The arms that encompass the full basket, the basket of bounty, if you will, are round, as is the basket itself. The beauty of roundness is the Earth."

• **TURTLE:** "It lives in water, but breathes air. It lives on land and water. Thus, the turtle tells of the joining of these worlds, a symbol of the fecundity of the mother. Unhurried and wise, she carries the world upon her back. Changeless, the turtle, the wise old turtle, is the symbol of longevity and eternal life. As the primary symbol of the mother, the turtle expresses the belief that Indians have of Mother Earth's renewal."

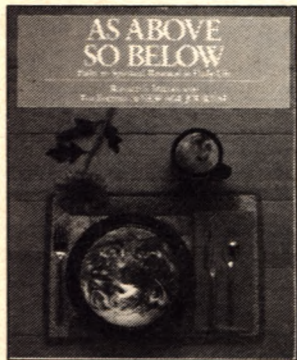
Not only a requiem for a fading way of life, *Turtle Island Alphabet* is also a plea for ecological sanity and conversation, for Hausman's aim is to use the wisdom of ancient mythology to inform our civilization in the present and the future, to indeed bury our dead horses and try to build on the ashes of the past.

Featuring stories and poems that strikingly reveal how these symbols are integrated into everyday Native American life, Hausman's classic volume also contains 150 photographs and drawings, created by Native Americans, that provide a lasting testament of a world that was once ours and that has been largely lost. *St. Martin's Press*

New Age

As Above, So Below

Paths to Spiritual Renewal in Daily Life
By Ronald S. Miller and the editors of *New Age Journal*
\$13.95. paper. ISBN 0874776597.



This is a companion book to the highly-regarded *Chop Wood, Carry Water*, one of the best new age books published in recent years. *As Above, So Below* continues the quest for finding spirituality in daily

life. It chronicles the journeys of contemporary men and women as they uncover the emerging spirituality in the laboratory of their own lives. With its practical advice, exercises, anecdotes, and quotations, it also serves as a guidebook for uniting the sacred and the profane in our everyday lives. Topics include: emerging spirituality, renewal in the Judeo-Christian tradition, shamanism, transpersonal psychology, mythology, dreamwork, feminine spirituality, the recovery movement, the men's movement, healing, creativity, and compassion. *Jeremy Tarcher*

Flight Into Freedom

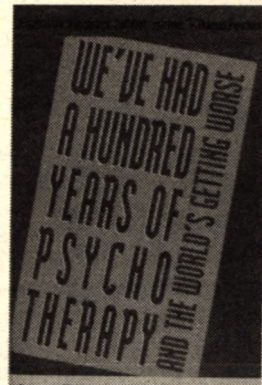
The Autobiography of the co-founder of the Findhorn Community
By Eileen Caddy
\$12.95. paper. ISBN 1852300213.

This is an extraordinary story told by an ordinary woman. Eileen Caddy is known worldwide as one of the three founders of the Findhorn Foundation in the north of Scotland. The books that have flowed from her inspiration have drawn a generation to the Findhorn Community.

At first it was Eileen's husband Peter who interested her in spiritual ideas, but it was to Eileen herself that a voice suddenly came, announcing, "Be still and know that I am God."

EDITORS' CHOICES

We've Had a Hundred Years of Psychotherapy—And the World's Getting Worse
By James Hillman and Michael Ventura
\$18.00. cloth. ISBN 0062504096.



James Hillman and Michael Ventura

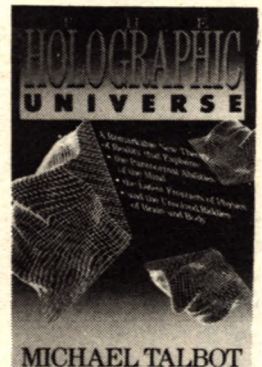
columnist for the *L.A. Weekly* and author of *Shadow Dancing in the U.S.A. and Night Time, Losing Time*. *HarperSanFrancisco*

This furious, trenchant, and audacious series of interrelated dialogues and letters takes a searing look at not only the legacy of psychotherapy, but also practically every aspect of contemporary living—from sexuality to politics, media, the environment, and life in the city. James Hillman—controversial renegade Jungian psychologist, the man Robert Bly has called "the most lively and original psychologist we've had in America since William James"—joins with Michael Ventura—cutting-edge columnist for the *L.A. Weekly*—to shatter many of our current beliefs about our lives, the psyche, and society. Unrestrained, freewheeling, and brilliant, these two intellectual wild men take chances, break rules, and run red lights to strike at the very core of our shibboleths and perceptions.

James Hillman studied with Jung and is the author of *A Blue Fire, Inter Views, The Dream and the Underworld, Re-Visioning Psychology* and *The Myth of Analysis*. Michael Ventura is the noted

The Holographic Universe

By Michael Talbot
\$10.00. paper. ISBN 0060922583.
\$23.00. cloth. ISBN 006016381X.



MICHAEL TALBOT

mysterious occurrences as telepathy, out-of-body and near-death experiences, lucid dreams, and even religious and mystical experiences such as feelings of cosmic unity and miraculous healings.

Firmly rooted in the best scientific traditions, *The Holographic Universe* is already becoming a classic in the vein of *The Tao of Physics* and *The Dancing Wu Li Masters*. *HarperCollins*

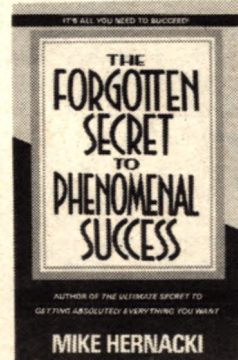
Today nearly everyone is familiar with holograms—three-dimensional images projected into space with the aid of a laser. Now, two of the world's most eminent thinkers—University of London physicist David Bohm, a former protégé of Einstein's and one of the world's most respected quantum physicists, and Stanford neurophysiologist Karl Pribram, one of the architects of our modern understanding of the brain—believe that the universe itself may be a giant hologram, quite literally a kind of image or construct created, at least in part, by the human mind.

This remarkable new way of looking at the universe explains not only many of the unsolved puzzles of physics, but also such

This gift of revelation made many demands on Eileen's life, but she discovered over and over again that the inner guidance would point the way through all her struggles. This liberation through trusting the God within is Eileen Caddy's 'flight into freedom.' *Element Books*

The Forgotten Secret to Phenomenal Success

By Mike Hernacki
\$4.99. paper. ISBN 0425131890.



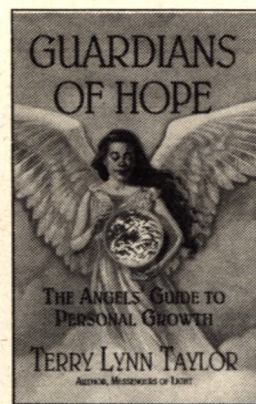
MIKE HERNACKI

satisfaction, and turn vague promises and halfhearted resolutions into the fulfillment of your dreams. *Berkley Books*

Guardians of Hope

The Angels' Guide to Personal Growth
By Terry Lynn Taylor
\$10.95. paper. ISBN 0915811383.

Angels are happiness trainers. They are always available to lift your spirits and show you the divine humor in your experiences. *Guardians of Hope* offers an angel-oriented selection of more than sixty practices that lead to more joy, hope, fun, love, and adventure in



TERRY LYNN TAYLOR

everyday life. Using the unique perspective of angel power, you can learn to communicate with angels through thought and trust, empower yourself through positive thinking, work with the angels as guardians, and learn self-forgiveness and non-attachment. *HJ Kramer*

Psychology

Born For Love

Reflections on Loving
By Leo Buscaglia
\$19.00. cloth. ISBN 0679413936.

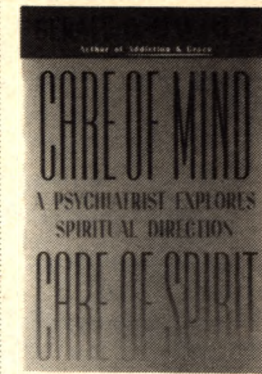
There is a universal agreement that when we have love in our lives, we are at our most joyous, creative and productive. Without it, our lives are empty and meaningless. Though we are born for love, many of us do not realize it until it's too late. Having the capacity for love is very different from having the ability to love. Love is learned and must be continually studied and practiced.

In *Born For Love*, Leo Buscaglia suggests that loving is a choice that offers alternatives to frustration, loneliness and fear. He encourages us to think, feel and move toward actions that will bring about growth in love. His approach is vital whether directed towards families, friends, lovers, or casual acquaintances. What he suggests is more

than a love style—it's a life style. *Slack Pub.*

Care of Mind/Care of Spirit

A Psychiatrist Explores Spiritual Direction
By Gerald G. May, M.D.
\$10.00. paper. 0060655674.



Care of Mind/Care of Spirit is an extremely useful book on the psychological aspects of spiritual guidance. It shows how spirituality and contemporary psychiatric understanding complement each other and where they diverge. This book offers a concise set of guide-

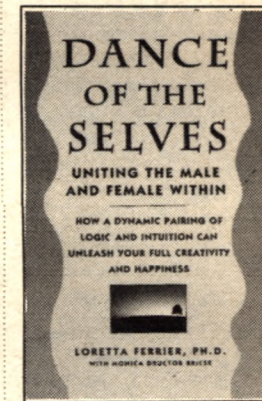
lines to help counselors and laymen alike accurately discern the difference between mental disorder and authentic spiritual experience.

Dr. May insightfully discusses such wide-ranging topics as historical perspectives, developmental and biological considerations, religious experiences and psychological reactions, psychotherapy and inner growth, the relationship with a spiritual director, psychiatric disorders, and psychiatric consultation and referral.

Comprehensive and clearly written, *Care of Mind/Care of Spirit* never reduces religion to psychology, but treats religious experience as the truly unique thing that it is. *HarperCollins*

Dance of the Selves

Uniting the Male and Female Within
By Loretta Ferrier, Ph.D.
\$11.00. paper. ISBN 0671728393.



We all have both a logical and intuitive side, our internal "masculine" and "feminine" qualities. When these aspects are out of balance, you experience problems: If your inner female controls your inner male, you're probably always chasing rainbows, while a dominant inner

male will probably make it hard to tap your creativity.

In this interesting book, Dr. Ferrier shows you how to forge a balanced and vital partnership between your masculine and feminine selves. First, you'll identify your inner female as the Amazon, the Seductress, or one of the other eleven archetypes; and your male as Attila the Hun, Peter Pan, or any of the eleven others. By staging internal conversations between them and performing simple exercises in your daily life, you'll learn to strengthen the weaker of the two.

Fascinating case histories illustrate how a dynamic union of your emotions and visions with your reason and action will maximize your productivity and happiness. *Fireside*

The Future of the Body

Explorations Into the Further Evolution of Human Nature
By Michael Murphy
\$30.00. cloth. ISBN 0874776864.

In the oral and written histories of every culture, there are countless records of men and women who have displayed extraordinary physical, mental, and spiritual capacities. In modern times, those records have been supplemented by scientific studies of exceptional functioning.

Are metanormal attributes latent within everyone? What is the evidence that all

FUTURE OF THE BODY

Explorations Into the Further Evolution of Human Nature

MICHAEL MURPHY
Co-Founder, Center for the Study of the Future

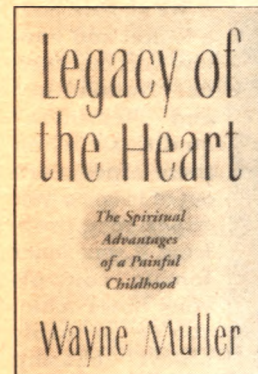
humanity has unrealized capacities for self-transcendence, that the limits of human growth are not fixed? Are there specific practices that ordinary people can do to develop these abilities?

Michael Murphy has studied these questions for over thirty years. In *The Future of the Body*, he presents evidence for meta-normal perception, cognition, movement, vitality, and spiritual development from more than 3,000 sources. Surveying ancient and modern records in medical science, sports, anthropology, the arts, psychical research, comparative religious studies, and dozens of other disciplines, Murphy has created an encyclopedia of exceptional functioning of body, mind, and spirit. He paints a broad and convincing picture of the possibilities of future evolutionary development of human attributes.

By studying metanormal abilities under a wide range of conditions, Murphy suggests that we identify those activities that typically evoke these capacities and assemble them into a coherent program of transformative practice. Such practice, he believes, if embraced by enough people, would constitute a crucial step in the world's evolutionary adventure. *Jeremy Tarcher*

Legacy of the Heart

The Spiritual Advantages of a Painful Childhood
By Wayne Muller
\$20.00. cloth. ISBN 0671761196.

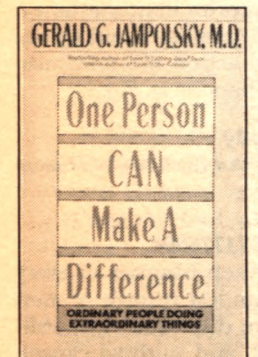


In this inspiring, hopeful book, Wayne Muller draws on eighteen years of work with adult children of troubled families to show how hard-won wisdom born of hurt can become a powerful source of strength, courage, and peace.

He identifies the most important ways that childhood can affect us, and shows how to recognize and transform the damaging effects of each by uncovering its mirror image deep within our spirit. Using the teachings of many faiths and philosophies, he weaves carefully focused spiritual exercises and meditations to help us rediscover a reliable sense of vitality, creativity, and joy. *Simon & Schuster*

One Person Can Make a Difference

Ordinary People Doing Extraordinary Things
By Gerald Jampolsky
\$10.00. paper. ISBN 0553351567.



Using celebrities as well as "ordinary" people whose names never make headlines, Dr. Jampolsky presents a blueprint for transforming a world filled with hopelessness into a world of possibilities and change. He shows us that often all it takes is one small action to set off a

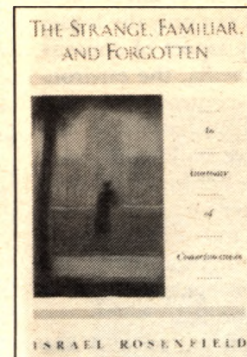
chain reaction within a community—one letter, one blanket given to a homeless person, one act of forgiveness.

By showing us how to use our unlimited potential, Dr. Jampolsky provides an uplift-

ing message for these troubled times. This prescription of hope reminds us that all we really need is love. *Bantam Books*

The Strange, Familiar, and Forgotten

An Anatomy of Consciousness
By Israel Rosenfield
\$20.00. cloth. ISBN 0679402594.



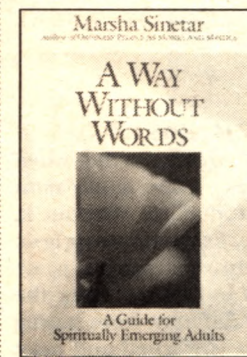
For more than a century, neurology and psychology have been dominated by the idea that the brain's principle activities are unconscious and unknown to us, that consciousness is but a small factor in mental function. Israel Rosenfield's new argument in *The Strange, Familiar, and Forgotten* is that consciousness is in fact the business of the brain. And he shows for the first time how memories, language, and the thoughts and drives responsible for our everyday sense of life make the protean and fragile structure of consciousness.

Reconsidering famous neurological cases—as well as new evidence from cognitive science—Rosenfield outlines an "anatomy of consciousness" that suggests fascinating new ways to think about mental functions, bodily processes, and human knowledge. The intriguing, often bizarre case histories he recounts—from a patient who cannot accept a paralyzed limb as her own except when she sees it in a mirror, to another who can distinguish colors and yet claims that naming them red, blue, or yellow is "false," to a man who recalls nothing that happened to him in the last eighteen years yet says he saw his mistress "last Saturday," to the woman with contrasting multiple personalities whom William James wrote about—all have in common a breakdown of the neurological mechanisms that create consciousness, that determine how each person perceives and makes sense of the world. For while in ordinary life we take the familiar for granted and can readily forget or remember it, brain damage may transform the once familiar into something strange, alien, or false, and make a once-accessible memory completely disappear.

An important challenge to the mechanical two-dimensional ideas that dominate current neurology and psychology, this brilliant book offers superb interpretation of the origins of human creativity and individuality. *Alfred A. Knopf*

A Way Without Words

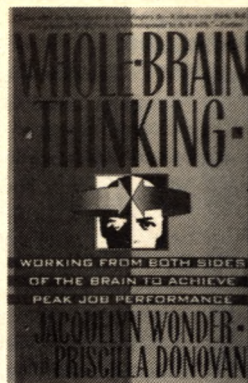
A Guide for Spiritually Emerging Adults
By Marsha Sinetar
\$9.95. paper. ISBN 0809133032.



A Way Without Words is both an encouragement and a step-by-step program for moving toward wholeness by developing the spiritual self. All people have the capacity for enlarging their spiritual sides, just as they enhance their mental, social and physical selves. Some do it through organized religion—others do not. Everyone—believer and non-believer—can find in these pages a respectful, reverent and illuminating way to translate his or her spiritual feelings into an integrated, truthful life. *Paulist Press*

Whole-Brain Thinking

Working from Both Sides of the Brain to Achieve Peak Job Performance
By Jacquelyn Wonder and Priscilla Donovan
\$11.00. paper. ISBN 0688116175.



American business is discovering that peak job performance requires not only logic and efficiency but also intuition and creativity—in other words, both the right and left sides of the brain. In *Whole-Brain Thinking*, Jacquelyn Wonder and Priscilla Donovan present the practical, whole-brain exercises that have improved communication, listening, memory, and management skills while reducing stress and frustration

Using many examples of actual business problems and their whole-brain solutions, these exercise teach how and when to use both sides of the brain. *Whole-Brain Thinking* will help anyone achieve peak job performance and satisfaction. *Quill*

Science & Ecology

Battle for the Elephants

By Iain & Oria Douglas-Hamilton
\$30.00. cloth. ISBN 0670840033.



At the eleventh hour, shocked by pictures of rotting carcasses plundered for their ivory, the world is awakening to the plight of the African Elephant. But the seeds of the tragedy were sown back in the early seventies. It was then that Iain Douglas-Hamilton, a young scientist fresh from the study of animal behavior, and his wife, Oria, came across ominous signs of organized poaching in Kenya, where they lived. Alarmed by what they saw, they set out to reveal the extent of the slaughter sweeping Africa. So began the battle of mammoth proportions to save the world's largest land mammal.

Battle for the Elephants tells the extraordinary inside story of the Douglas-Hamiltons' risking their lives in bloody skirmishes with the poachers and fighting the stifling indifference of the international conservation establishment, and later helping to weld a coalition of conservationists against the powerful ivory trade lobby that protected ivory dealers as they made millions out of the elephant holocaust. At the heart of the struggle was, and still is, a bitter clash of ideas and how best to save the elephant.

The Douglas-Hamiltons tell their dramatic story in a series of pictures as well as words, for they photographed every stage of their arduous quest during countless flights across the vastness and beauty of Africa. Set against the background of African politics, *Battle for the Elephants* is a record of the enormous personal courage and dedication shown by two remarkable people. *Viking*

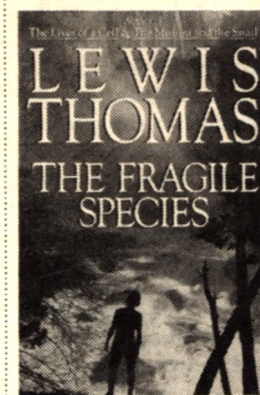
The Fragile Species

By Lewis Thomas
\$20.00. cloth. ISBN 0684194201.

In his remarkable new book, Lewis Thomas again brings to his readers the wonders of his scientific imagination and a noble gift for the language. Whether he is explor-

ing our ancestral heritage, from archaeobacteria, 3.7 billion years ago, or the present-day phenomena of growing older, he makes the worlds of evolutionary biology and modern science readily accessible.

The Fragile Species contributes to our understanding of some of the great medical puzzles of our era—cancer, AIDS, drug abuse, and aging. As our supreme "biology watcher," Dr. Thomas has also become deeply

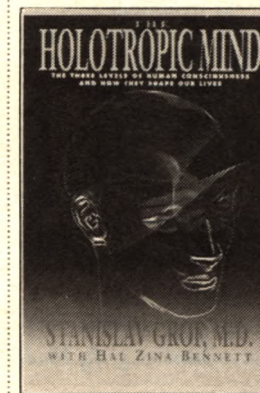


involved with the environment, describing the planet Earth as "so lovely a creature...hanging there in space and obviously alive." He finds the earth, like the human body, suffering from a host of diseases: ozone holes, acid rain, the greenhouse effect, and—the ultimate affliction—the possibility of nuclear annihilation. But what is most wonderful is Lewis Thomas's realization that our biological environment is not merely a Darwinian world of "survival of the fittest"; from microbes to humans, it is sustained by cooperation, communication, and interconnections. Fostering these natural phenomena may yet be the salvation for both ourselves and our beloved planet. *Scribner's*

The Holotropic Mind

The Three Levels of Human Consciousness and How They Shape Our Lives
By Stanislaw Grof with Zina Bennett
\$20.00. cloth. ISBN 0062503677.

Praised by such respected authorities as Joseph Campbell, Ken Wilber, and Huston Smith, the astonishing deep-memory work of Stanislaw Grof has been attracting worldwide attention. One of the founders of the transpersonal psychology movement, Grof reveals in his scientific adventure story the theory that has taken psychology into realms so radically new and far-reaching they challenge our understanding of the laws of nature and physics.



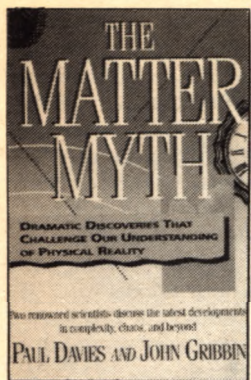
Derived from his acclaimed, early breakthroughs with LSD therapy in the 1950s and 1960s, Grof's discovery of three levels of human consciousness has shattered conventional notions about how our minds interact with the world. By accessing these three levels—the biographical, perinatal, and transpersonal—the entirety of one's personal history from pre-birth to the present moment can be brought into the conscious mind and fully re-experienced.

Richly illustrated with case studies, *The Holographic Mind* tells the fascinating stories of individuals who have established healing connections with their pasts, the Jungian unconscious, and the universe at large. Grof presents a clear, coherent model of human development with profound implications for our evolution and future. *HarperCollins*

The Matter Myth

Dramatic Discoveries That Challenge Our Understanding of Physical Reality
By Paul Davies & John Gribbin
\$12.00. paper. ISBN 0671728415.

In this sweeping survey, acclaimed science writers Paul Davies and John Gribbin provide a complete overview of the latest developments in physics which have revolutionized



modern science, From the weird world of quarks and the theory of relativity to the latest ideas of the birth of the cosmos, the authors find evidence for a massive paradigm shift. New developments in the studies of black holes, cosmic strings, solitons, and chaos theory now challenge commonsense concepts of space, time, and matter, and demand a radically altered and fully unified worldview of the universe.

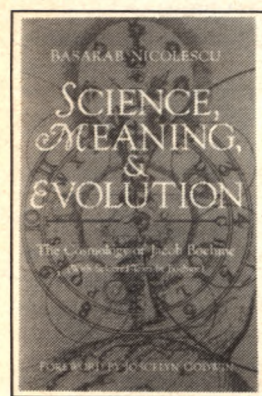
Here is a truly fascinating advance glimpse at 21st century science. *Touchstone*

Science, Meaning, & Evolution

The Cosmology of Jacob Boehme

By Basarab Nicolescu

\$17.95. cloth. ISBN 0930407202.



In this thought-provoking study of the link or correspondences between modern research in quantum physics and the ideas of the great religious traditions of the past, French physicist Basarab Nicolescu calls for a new dialogue between knowledge of science and a deeper, older way of understanding, so that a real evolution can take place.

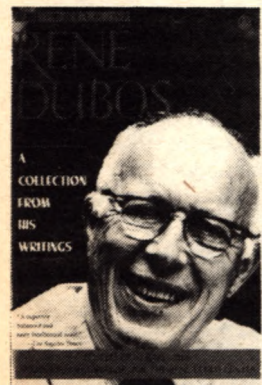
As the author states: "What we call the 'real' is the result of the interaction between two facets of one and the same Reality: the physical universe and humanity. The time for a truly new alliance—that of man with himself—has come. *Parabola Books*

World of René Dubos

A Collection From His Writings

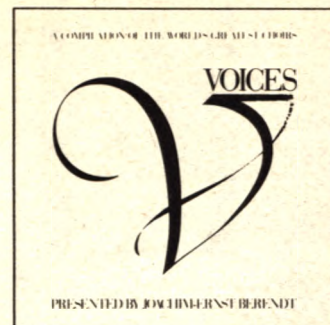
Edited by Gerard Piel and Osborn Sgreberg, Jr.

\$16.95. paper. ISBN 0805021108.



Scientist, environmentalist, humanist: René Dubos distinguished himself in everything he did—from groundbreaking work in the development of antibiotics to tireless campaigning on behalf of the planet, which led the *New York Times* to dub him "the philosopher of the Earth" and launched an environmental movement under the banner "Think globally, act locally." During his long and productive life, Dr. Dubos published twenty-nine books—including the Pulitzer Prize-winning *So Human an Animal*—many scientific monographs, countless articles, and a regular column in the *American Scholar* under the rubric "The Despairing Optimist." *The World of René Dubos* collects a cross section of these writings. Taken together, they confirm that Dubos, as Bill Moyers said, was "one of the world's renowned scientists—a microbiologist, ecologist, and author who devoted his years to the care of human life, to the life of the mind, and to the well-being of the Earth itself." *Henry Holt*

JOACHIM-ERNST BERENDT'S 'VOICES'



Voices

A Compilation of the World's Greatest Choirs
Presented by Joachim-Ernst Berendt
\$54.98. 3 CD Set. ISBN 9990153450.
\$39.98. 3 Cassette Set. ISBN 9990153442.



Since time immemorial mankind has been searching for a model to represent the ideal community. Perhaps there is no more ideal example than the choir. A choir is a "mini-community" in the service of harmony, where every member has a voice, where disharmony is accepted rather than rejected, and, through a constant process of articulation, is transformed back into harmony. It is a diverse community structured in groups and sub-

groups, each with their own sovereignty, serving both the work and the group as a whole. The choir represents the dream of the human community—and that dream becomes sound. The almighty cascade of the human voice: The "Giant Call."

Voices represents perhaps the most extensive and diverse collection of the world's finest choral groups. This thirty-three track Compact Disk or Cassette box set contains over 148 minutes of the most beautiful and spiritual music ever recorded, with extensive liner notes and color photo booklet. *Mesa/Blumoon Recordings*

The World is Sound: Nada Brahma

Music & the Landscape of Consciousness

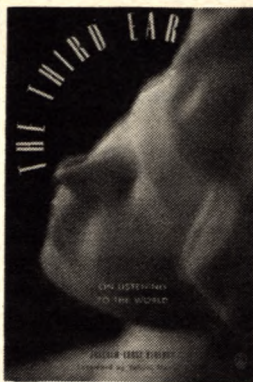
By Joachim-Ernst Berendt, foreword by Fritjof Capra

\$12.95. paper. ISBN 0892813180.

Berendt here takes the reader on an exhilarating journey through Asia, Europe, Africa, and Latin America, exploring the musical traditions of diverse cultures and reaffirming what the ancients have always known—the world is sound, rhythm, and vibration.

This book is alive with Berendt's experiences and draws on his friendships with composers and performers as well as his knowledge of new physics and Tantra, cybernetics, Sufism, and the works of Hermann Hesse.

A tribute to the work of many of the greatest figures of our age—including Hans Kayser, Jean Gebser, Sufi Hazrat Inayat Khan, musicians John Coltrane and Ravi Shankar—*The World is Sound* suggests that hearing, rather than seeing, is the key to a more spiritual experience of consciousness. His discussion of sound in relation to mathematics, logic, sacred geometry, myth, and sexuality is practical as well as theoretical, offering readers a variety of techniques for developing the ear as an organ of spiritual perception. *Destiny Books*



The Third Ear

On Listening to the World

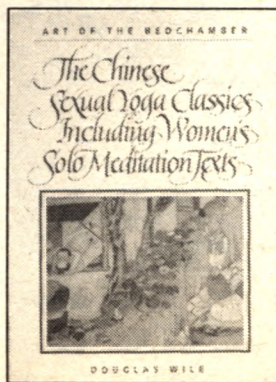
By Joachim-Ernst Berendt

\$13.95. paper. ISBN 0805020071.

For at least three hundred years, Western culture has relied on the eye as the primary organ for gathering and processing sensory information. Not only is the eye the most likely sense organ to misperceive, but it has the most limited range of perception—ten times less than that of the ear. Berendt has lived in cultures all over the world, and has studied their music and their attitudes toward listening. He uncovers illuminating evidence here that suggests dominance of the ear is directly linked to compassion and peacefulness, while reliance on the eye produces divisiveness and aggression.

At the core of almost every spiritual tradition—from the West, East, Middle East, Africa, Pacific Islands, and the Arctic—lies the knowledge that the world is made of sound and that the way to wisdom lies through the ear. Science, from physics to biology, has begun to prove the basic tonal nature of the world. *The Third Ear* is a call for a "democracy of the senses" in a culture tyrannized by the eye, so that we can rebalance ourselves with the world. *An Owl Book/Henry Holt & Company.*

Sex



Art of the Bedchamber

The Chinese Sexual Yoga Classics Including Women's Solo Meditation Texts
By Douglas Wile
\$19.95. paper. ISBN 0791408868.

This is the first comprehensive anthology of the Chinese sexuality classics, the world's oldest and most advanced tradition of sexual yoga. While remaining accessible to the general reader,

the translation of these texts, most never before translated *in toto* and some only recently unearthed in China, sets new standards of accuracy and scholarly felicity. *State University of New York Press*

The Magic of Sex

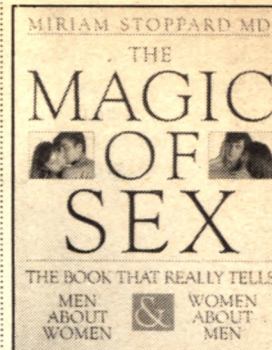
The Book That Really Tells Men About Women & Women About Men

By Miriam Stoppard, M.D.

\$29.95. cloth. ISBN 1564580458.

Men and women are different—at least in matters of the heart. They approach love and sex with different expectations; they respond to physical love in different ways; and even when their responses are similar, they often happen at different times and are brought about by different stimuli.

The Magic of Sex is the first manual to stress that the most fulfilling sex is found in stable, long-term relationships. Having a good sex life is not about acrobatics, physical



agility, or learning a series of sexual skills, explains Dr. Stoppard. Good lovers are aware of the importance of closeless and caring; they want to give love, and to give pleasure.

With more than 100 color photographs, *The*

Magic of Sex covers the subject from both the man's and the woman's perspective. It illustrates the sexual activities a woman or man likes, the most intense stimulation for each sex, and which lovemaking positions are better for men or women and why.

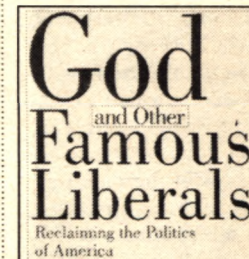
Western Traditions

God and Other Famous Liberals

Reclaiming the Politics of America

By F. Forrester Church

\$19.00. cloth. ISBN 067176120X.



Liberal. To America's right wing it's a synonym for irresponsibility and irreligion. Coyly euphemized as the "L-word," it's hurled as an imprecation and blandished like a weapon of political terror.

But to Forrester Church it's a badge of distinction. Reclaiming Bible, flag, and family, in this heartfelt response to neoconservative invective, he returns to the wellsprings of Christianity and American freedom to reassert liberalism's foundation role in our national life. He draws on Holy Scripture to show that God is the original and ultimate liberal. He demonstrates that charity and tolerance are Christianity's fundamental virtues, and illuminates the intimate connection between these values and the origins of American democracy.

He calls for liberals to reclaim the "pro-family" position that has been seized and redefined by the religious right to serve their own political purposes. He points out how their agenda ignores the basic needs of most American children, and undermines the generosity that has been a source of pride.

Forrester Church summons us to renew our commitment to the real American dream—a nation of opportunity in which all can share. His message is unapologetically liberal and reassuringly substantial—a welcome antidote to the empty rhetoric that all too often seems to dominate our political and moral discourse. *Simon & Schuster*

Rescuing the Bible from Fundamentalism

A Bishop Rethinks the Meaning of Scripture

By John Shelby Spong

\$10.00. paper. ISBN 0060675187.



In this provocative bestseller, the outspoken and controversial Bishop John Shelby Spong reveals how literal interpretations of Scripture have been used to: justify slavery, ban textbooks, deny the rights of gays and lesbians, subordinate women and, justify war and revenge.

Spong combines current biblical scholarship, modern science, and, most of all, his deep love and respect for Scripture, to lift the Bible out of the prejudices and cultural biases of bygone eras. Eloquent, forthright, and compassionate, Spong liberates the Bible's message of hope for all people. *HarperSanFrancisco*

Satanism and Witchcraft

The Classic Study of Medieval Superstition
By Jules Michelet
\$12.95. paper. ISBN 080650059X.



Long out of print, Jules Michelet's classic study of medieval superstition has been reprinted in this edition to bring the general public's attention to one of the truly great sociological works of modern times.

Michelet brilliantly recreates the Europe of the Middle Ages, the centuries of fierce religious intolerance, the Inquisition and the auto-da-fé. He depicts the feudal barons, the great manors, the fiefs and serfs, and the witches, hobgoblins and wizards to whom the masses lived in mortal fear.

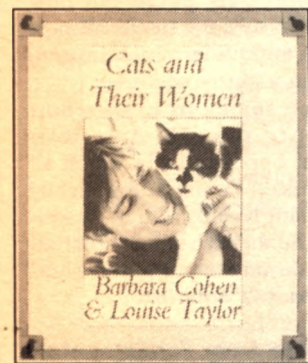
Michelet draws flaming word pictures of the witch hunts, the Black Masses, the reign of Satan, and the weird rites of the damned. Here is the age of unbridled pleasure and sensuality, of luxury beyond imagination and squalor beyond endurance. Here is a time a girl might be accused of witchcraft merely if she were young and pretty and did not survive the test of immersion in water or boiling oil. Here is the day of beatings, floggings, tortures and summary decapitations.

Encyclopaedia Britannica called the book, "The most important work on medieval superstitions yet written." It is indeed one of the great works on the Age of Darkness. *Carol Publishing Group*

Women's Studies

Cats and Their Women

By Barbara Cohen & Louise Taylor
\$10.95. paper. ISBN 0316150460.



Endearing kittens, scrappy strays, tigers, calicoes, tabbies, cats of every kind—and the women who love them—are featured in this heart-warming collection of photographs. The accompanying

words of the women themselves capture every aspect of the unique bond between a woman and her cat: the unspoken understandings, the temperamental similarities, the mutual affection.

In these pages you'll meet Bud, who communicates through sign language; Cyrus, who enjoys an occasional nap with the hens in the hen house; and Prudence, a black leopard who spent her formative months sleeping in her trainer's kitchen sink. *Cats and Their Women* is sure to captivate any woman (or man for that matter) who has ever been mystified, amused, bossed, or touched by a cat. *Little, Brown*

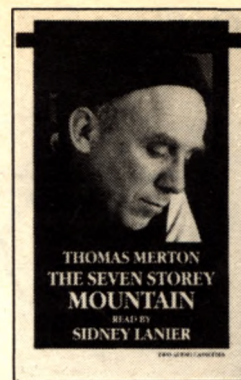
If you live outside L.A. County,
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1-800-825-9798

THOMAS MERTON

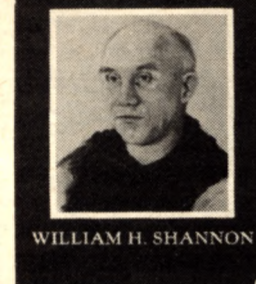
The Seven Storey Mountain

Spiritual Classic on Cassette
By Thomas Merton, Read by Sidnet Lanier
\$15.95. Cassette. ISBN 0944993389.

The Seven Storey Mountain is the extraordinary spiritual testament of Thomas Merton (1915-1968), a man who experienced life to the fullest 'in the world' before entering a Trappist monastery. By the end of his life, he had become one of the twentieth century's best known and loved mystical voices.



SILENT LAMP
The Thomas Merton Story



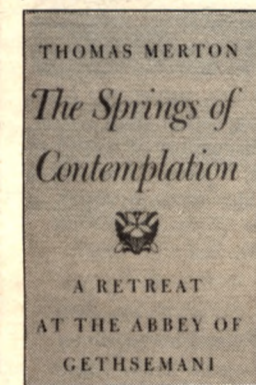
Silent Lamp
The Thomas Merton Story
By William H. Shannon
\$22.95. cloth. ISBN 0824511662.

William H. Shannon shares his intimate knowledge and unique insights in this new and exciting biography of the monk whose own autobiography became a bestseller much to his chagrin. *Silent Lamp* is the name given to Merton by the Chinese philosopher John Wu—and a perfect metaphor for the healing light that still spreads from his life and work to people everywhere.

Silent Lamp is a reflective biography: it illuminates Merton's inner life and thoroughly chronicles his outer journey, telling the story in terms of significant events and experiences that shaped his spiritual path. It sheds new light on the principle themes that Merton developed as a writer and teacher, from the renewal of monastic life to the poetry of Latin America, from the demands of interracial justice to the teachings of the Sufi masters.

The Springs of Contemplation

A Retreat at the Abbey of Gethsemani
By Thomas Merton, Edited by Jane Marie Richardson
\$22.00. cloth. ISBN 0374128936.



In the late sixties, at a time of incredibly swift changes following Vatican II, Thomas Merton invited a group of contemplative women—cut off by inflexible rules from any analysis of important movements in the church and the world—to make a retreat with him at his abbey in Kentucky. What he (and they) said at those memorable meetings in 1967 and 1968 is the text of this book, *The Springs of Contemplation*.

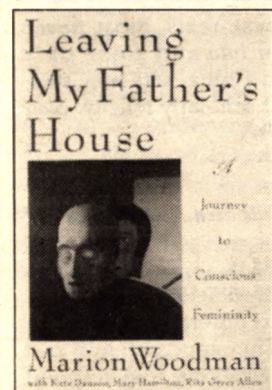
A major Merton theme is the prophetic aspect of the contemplative life. By withdrawing from an alienated society—not to escape from it, but to show there's something wrong with it—prophets are born. Among other themes are "Zen, a Way of Living Directly," "Contemporary Prophetic Choices," "Asceticism and Results," and "The Feminine Mystique." Edited by Jane Marie Richardson of the Loretto Sisters (a community of women founded in Kentucky in 1812), the book concludes with

Merton's unpublished essay on "Loretto and Gethsemani."

Mary Luke Tobin (the only American woman to attend Vatican II as an auditor) in her introduction reveals that "Merton sought no permission to hold such meetings, nor did the sisters to attend them. His own abbot graciously extended the hospitality of the abbey's guest house and grounds for the sessions. The beautiful and restful setting of the monastery in Kentucky encouraged and enhanced the camaraderie which readily sprang up among the participants. We often sat on the banks of one of the lakes or ponds, which Merton delighted in showing us—places which have become familiar to his many readers." *Farrar, Straus, Giroux*

Leaving My Father's House

A Journey to Conscious Femininity
By Marion Woodman, with Kate Danson, Mary Hamilton, & Rita Greer Allen
\$22.00. cloth. ISBN 0877735786.



The renowned Jungian analyst shows here how contemporary women experience the process of individuation—C.G. Jung's term for the natural movement toward psychic wholeness needed in every life. The personal journeys of three of Woodman's

clients—Kate, a graduate student; Mary, a dancer; and Rita, a sculptor—provide deep insight into the struggle required to bring feminine wisdom to consciousness in a patriarchal society, a struggle in which women are more fully engaged today than ever before. Though each woman's account is strikingly

unique, each also moves in a common direction: toward the harmony of body and spirit that the author calls "conscious femininity."

Using the Grimms' fairy tale "Allerleirauh" as an archetypal road map, Woodman outlines the landmarks found in every person's journey to inner wholeness and shows readers how to use the stories of Kate, Mary, and Rita as guides to the transformative process in themselves—with or without an analyst. *Shambhala Publications*

The War Against Women

By Marilyn French
\$20.00. cloth. ISBN 0671661574.

This stunning work of research by Marilyn French, both a best-selling novelist and a leading feminist philosopher and theorist, constructs a powerful and convincing argument that there is, indeed, a war against women. Here, the author shows that negative attitudes toward women are not simply a current media trend but are part of a consistent and systematic global phenomena that dates back over millennia.

Shocking, convincing, and sure to be controversial, *The War Against Women* combines



exhaustive research with an accessible style to document the economic, political, and physical suppression and abuse of women and children everywhere in the world.

From the prejudicial treatment of women in medicine, law, education, and business, to the hatred of women as expressed in advertising, the arts, and popular culture, *The War Against Women* is a devastating indictment of our values and an important step toward public discussion of human morality. *Summit Books*

Women and Doctors

A Physician's Explosive Account of Women's Medical Treatment—and Mistreatment—in America Today and What You Can Do About It
By John M. Smith, M.D.
\$20.95. cloth. ISBN 087113523X.

Women and Doctors is an authoritative indictment of women's health care in America today that will shock, inform, and ultimately empower its audience.

With twenty-four years of experience as a physician, Dr. John M. Smith has written this book from a perspective of outrage. In one

of the book's most powerful sections Dr. Smith recounts stories of real patients who have suffered abuse at the hands of doctors. Women will be angered by these accounts, but perhaps also relieved to discover that they are not alone in suffering mistreatment and humiliation. *Atlantic Monthly Press*

Women in Celtic Myth

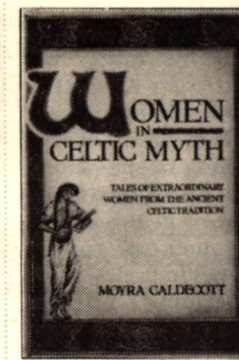
Tales of Extraordinary Women from the Ancient Celtic Tradition
By Moyra Caldecott
\$12.95. paper. ISBN 0892813571.

In Celtic myth, the mixture of wise spiritual teaching and dramatic imagery creates new, potent, and disturbing visions. This selection of eleven stories—some more than 3,000 years old—focuses on the women of ancient

British mythology, from formidable

women warriors who trained heroes to fight and kill beautiful companions who led them to higher realms of feminine intuition and spiritual wisdom. Caldecott goes beyond mere recounting female strength, providing lucid personal commentary that illuminates the complete myth and culture from which it springs. These powerful stories transmit a recognition of the mystery of being and an understanding of the powerful magic of inner transformation.

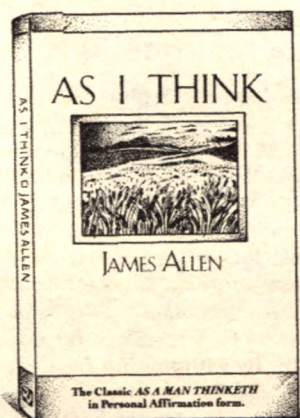
Moyra Caldecott has devoted a major portion of her life to collecting and examining myths and legends across the world. *Destiny Books*



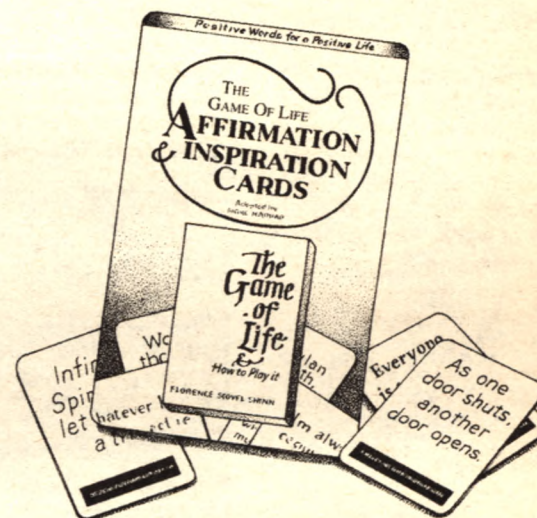
It's all in your head.



**THINK HEALTH, THINK SUCCESS,
THINK LOVE—Elizabeth Blackburn**
Here's the perfect way to keep your positive affirmations in sight. These three stand-up spiral books of powerful statements will help you keep your thoughts in focus and in mind. \$7.95 ea.



AS I THINK—James Allen
This is the new personal version of the classic AS A MAN THINKETH that puts the best-selling message in first-person affirmational style. \$7.95



THE GAME OF LIFE AFFIRMATION & INSPIRATION CARDS—Florence Scovel Shinn
Pick a card, any card, and you can use the power of THE GAME OF LIFE to help you achieve a goal or provide you with the motivation to overcome any obstacle. All of the 52 sturdy cards contain quotes which bring this popular self-help book to life. \$9.95

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DEVORSS Publications

Eastern Traditions

I Am That
 Talks With Sri Nisargadatta Maharaj
 By Sri Nisargadatta Maharaj
 \$16.95. paper.
 ISBN 0893860220.



Although Sri Nisargadatta Maharaj represented a traditional Hindu sect, he lived and taught in a very simple and humble manner. *I Am That* consists of very open and spontaneous conversations between Nisargadatta Maharaj and his students as he challenges them to experience the "real

you" that is timeless and beyond birth and death. *Acorn Press*

The I Ching
 or *Book of Changes*
 The Richard Wilhelm Translation rendered into English by Cary Baynes, with a foreword by C.G. Jung
 \$18.50. cloth. ISBN 069109750X.



This has been a key text in the development of Confucianism, Taoism and much of Chinese culture. It may be approached both as an oracle (using stalks or coins) and as a book of wisdom.

The translator has included ancient commentaries on the underlying principles and deeper implications of the book, along with instructions for both oracle methods. Modern readers are sometimes struck by how accurately the I Ching describes their contemporary situation.

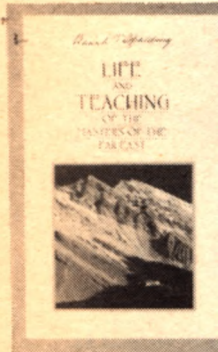
Princeton University Press



Kindness, Clarity and Insight
 By His Holiness the Dalai Lama
 \$12.95. paper.
 ISBN 0937938181.

This is a compilation of twenty talks given by His Holiness the Dalai Lama in North America around the year 1980. A rich sourcebook on Tibetan Buddhism, it

includes general talks on love and compassion and explores many topics of Tibetan Buddhist teaching and meditation practice. *Snow Lion Publications*



Life & Teaching of the Masters of the Far East
 Volumes 1-5, Boxed Set
 By Baird T. Spalding
 \$28.95. paper/boxed.
 ISBN 0875165389.

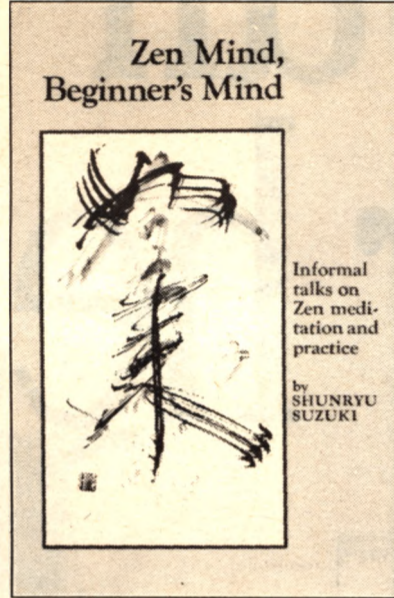
Spalding's monumental classic has bequeathed the wisdom and knowledge of immortal masters who work to assist and guide the

receptive heart in every age. Since 1924, when these writings first appeared, they have influenced and inspired generations of seekers.
 Also available as single volumes at \$6.50 ea.
 V.1 ISBN 0875163637;
 V.2 ISBN 0875163645;

A BODHI TREE CLASSIC

Zen Mind, Beginner's Mind
 Informal talks on Zen meditation and practice
 By Shunryu Suzuki

\$6.50. paper. ISBN 0834800799. \$14.95. cloth. ISBN 0834800527.
 Shunryu Suzuki Roshi, founder of the San Francisco Zen Center,



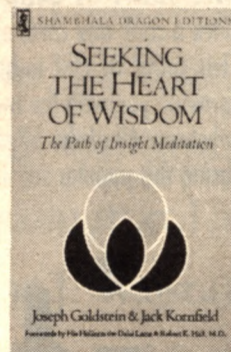
gave these talks to a group of American Zen students in the early '70s. He joined their meditation periods once a week and afterwards answered their questions and tried to encourage them in their practice of Zen and help them solve the problems of life. His approach is informal, and he draws his examples from ordinary events and common sense.

Suzuki taught that by approaching Zen meditation (and life) with naturalness and sincerity—"beginner's mind"—one

discovers that enlightenment is already present, rather than a far-away goal to strive after. This is a book to read slowly and reread; within its apparent simplicity there are many subtle insights into "Zen mind" and "Zen living." *Weatherhill*

V.3 ISBN 0875163653;
 V.4 ISBN 0875163661;
 V.5 ISBN 087516367X.
 Devorss and Co.

Seeking the Heart of Wisdom
 The Path of Insight Meditation
 By Joseph Goldstein and Jack Kornfield
 \$13.00. paper. ISBN 0877733279.



These talks by Goldstein and fellow teacher Jack Kornfield explain the practice of Insight meditation in depth. Topics include: 'Why meditate?', 'Deepening levels of practice,' 'The life of the Buddha,' 'The freedom of restraint,' 'Understanding karma,' and 'The path of service.' *Shambhala Publications*

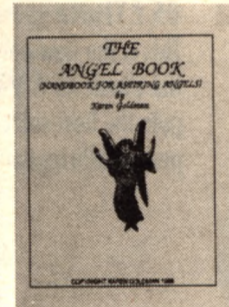
Tao Te Ching
 A New English Version
 By Stephen Mitchell
 \$15.95. cloth. ISBN 0060160012.
 \$7.95. paper. ISBN 0060916087.



A poetic and powerful modern translation of the *Tao Te Ching* by the eminent translator Stephen Mitchell. The *Tao Te Ching* looks at the basic predicament of being alive and gives advice that imparts balance and perspective in a serene and generous spirit. It's a book about wisdom in action and teaches how to work for the good with the effortless skill that comes from being in accord with the Tao. *HarperCollins*

New Age

The Angel Book
 Handbook for Aspiring Angels
 By Karen Goldman
 \$10.85. paper. ISBN 0963208748.



"The Angel Book is the first handbook ever for the aspiring angels within us all designed to help us understand and experience the essence of angels. It is a description of our journey back to our own lightest selves—not far-flung celestial creatures with harps and feathers. It is a book about all of us, just as we are inside right now, a road map to the higher realms within us. A love letter from our angels, our Heavenly counterparts, it is therefore, a handbook to Heaven."

"At a time when the world needs angels more than ever, *The Angel Book* brings heaven down to earth and lets us in on a precious discovery, a private and beautiful world—the inner world of angels."—from *The Angel Book*.

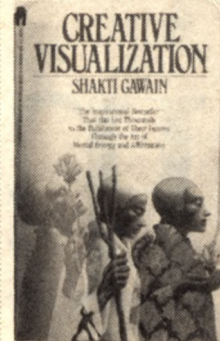
Chop Wood, Carry Water
 A Guide to Finding Spiritual Fulfillment in Everyday Life
 By Rick Fields, with Peggy Taylor, Rex Wexler, & Rick Ingrassi
 \$12.95. paper.
 ISBN 0874772095.

This sensible book shows us how the greatest lessons and the profoundest heights of the spiritual path can be found in our

everyday life. It is the great challenge for people living in contemporary society to find the spiritual aspects of working in an office, store, or factory; raising a family; or making a relationship work. How can we make all of our daily activities a part of the path?

This is a handbook filled with information, advice, hints, stories, inspiration, encouragement, connections, warnings, and cautions for the inner journey as we live it throughout our lives. *Jeremy Tarcher*

Creative Visualization
 By Shakti Gawain
 \$4.99. paper. ISBN 0553270443.
 \$8.95. quality-paper. ISBN 0931432022.



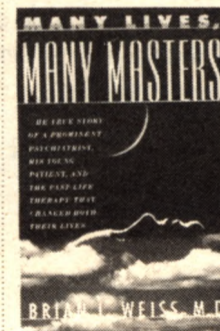
Creative Visualization is the art of using mental imagery and affirmation to produce positive changes in your life. This book contains meditations, exercises, and techniques that will help you increase your personal mastery of life. You will also learn how to: feel more relaxed and peaceful, develop your creative talents, reach your career goals, dissolve negative habit patterns, and increase your prosperity. *Bantam Books, New World Library*

How to Meditate
 By Lawrence Leshan
 \$4.50. paper. ISBN 0553244531.



This simple and straightforward guide provides an easy to follow and realistic approach that allows you bring meditation into your daily life. His specific programs and exercises provide practical tools for you to begin your journey and explore the many paths of meditation. *Bantam Books*

Many Lives, Many Masters
 By Brian L. Weiss, M.D.
 \$10.00. paper. ISBN 0671657860.



As a traditional psychotherapist, Dr. Brian Weiss was astonished and skeptical when one of his patients began recalling past-life traumas that seemed to hold the key to her recurring nightmares and anxiety attacks. His skepticism was eroded, however, when she began to channel

messages from "the space between lives," which contained remarkable revelations about Dr. Weiss's family and his dead son. Using past-life therapy, he was able to cure the patient and embark on a new, more meaningful phase of his own career. A remarkable true story of spiritual growth and transformation. *Simon & Schuster*

The New Book of Runes
 (Includes Runes, Pouch and Book)
 By Ralph Blum
 \$27.50. cloth.
 ISBN 0312007299.

A thousand years ago, the Vikings employed the Runes as an Oracle: a means of insight into the present and

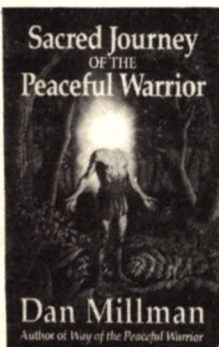
future. Now, after research into history, philology, and archaeology, Ralph Blum has devised a system for using the Runes as a contemporary Oracle. Akin in function to the Tarot and the I Ching, the Runes are a means of communication with the knowledge of our subconscious minds. *St. Martin's Press*



Way Of The Peaceful Warrior
A Book
That Changes Lives
By Dan Millman
\$10.95. paper.
ISBN 0915811006.

Guided by a powerful old warrior named Socrates, Dan Millman journeys into realms of flesh and spirit, romance and terror, light and darkness, and laughter and magic in order to learn what it means to die and live like a warrior. *H.J. Kramer*

Sacred Journey of the Peaceful Warrior
By Dan Millman
\$11.95. paper. ISBN 0915811332.

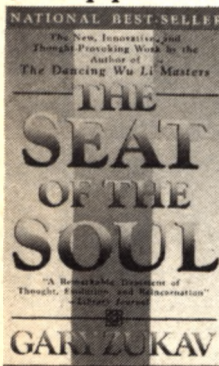


This is the inspiring sequel to the best-selling *Way of the Peaceful Warrior*. Four years after training with the old warrior he calls Socrates—in spite of all he has learned—Dan Millman confronts personal failure and growing frustrations. Disillusioned with his life, unable to bridge the gap between knowing and doing, Dan sets out on a worldwide quest to rediscover his sense of purpose and source of inspiration.

A buried memory sends Dan on a search for a woman shaman, deep in a Hawaiian rain forest. She is the gateway to all his hopes and his fears—and only she can prepare him for what is to come.

In worlds of shadow and light, Dan encounters inner tests, mortal challenges, shocking revelations, and unforgettable characters as he ascends the warrior's path to wisdom and peace. This is the sacred journey we all share, the journey to the Light that shines at the heart of all our lives. *H.J. Kramer*

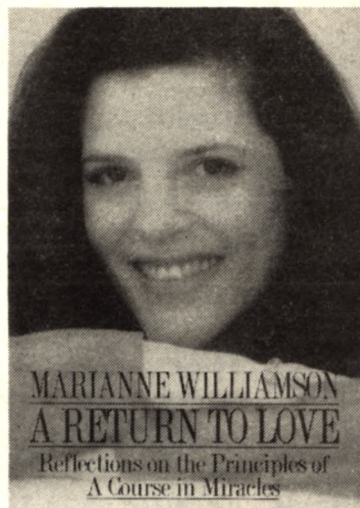
The Seat of the Soul
By Gary Zukav
\$10.00. paper. ISBN 067169507X.



This is a brilliant exploration of the remarkable journey to the spirit that each of us is on. With lucidity and elegance, Gary Zukav explains that we are evolving from a species that pursues power based upon the perceptions of the five senses—external power—into a species that pursues authentic power—power that is based upon the perceptions and values of the spirit.

Using his scientist's eye and his philosopher's heart, Zukav shows how infusing the activities of life with reverence, compassion, and trust makes them come alive with meaning and purpose. He illustrates how the emerging values of the spirit are changing marriages into spiritual partnerships, psychology into spiritual psychology, and transforming our everyday lives. *Simon & Schuster*

MARIANNE WILLIAMSON & A COURSE IN MIRACLES



A Return To Love
Reflections on the Principles of A Course in Miracles
By Marianne Williamson
\$22.50. cloth. 260pp. ISBN 0060163747.

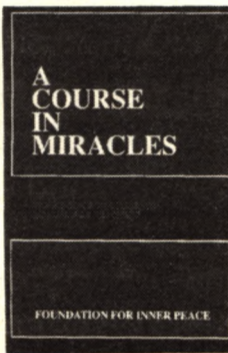
As Marianne Williamson explains in her book, we were born with a natural tendency to focus on love. So what happened? Why is it that we reached a certain age, looked around, and the enchantment was gone?

Because we were taught to focus elsewhere, on fear instead of love. We've been taught since we were children, Williamson says, that we're separate from other people, that we have to compete to get ahead, that we're not quite good enough the way we are. We were taught to see the world the way that others had come to see it, full of fear, without gentleness or hope.

A Return to Love, then, is a spiritual travel guide for our journey back to the truth we were born with. This journey is a process, psychologically and emotionally, in which we surrender all preconceived notions of how we live our lives and why. As we let go of the ego

control that has ruled us for ages, we learn a different kind of knowing. And when we relinquish the fear that has been accumulating for years, we allow back into our hearts the love we've been denying. Based on the teachings of *A Course in Miracles*, this book is about the practice of love as a daily answer to the problems that confront us, whether our psychic pain is in the area of relationships, career, or health.

A Course in Miracles



By the Foundation For Inner Peace
\$40.00. cloth. (3 vols.). ISBN 0960638806.
\$30.00. cloth. (3 vols.-in-one). ISBN 0960638830.
\$25.00. paper. (3 vols.-in-one). ISBN 0960638822.

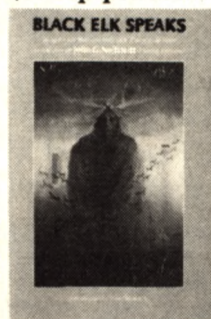
A Course in Miracles is a three-volume set of books, a self-study course designed to help change one's perceptions. It was taken down over a seven year period by Dr. Helen Shucman, a highly respected research psychologist, who heard a "voice" dictating the material to her.

Focusing on modern psychology and a renewed understanding of Christianity, the *Course* deals with the major personal issues that confront the heart and mind: understanding anger and pain, learning forgiveness, giving and accepting love, and attaining a true and lasting peace of mind.

Western Traditions

Black Elk Speaks
Being the Life Story of a Holy Man of the Oglala Sioux

By John G. Neihardt
\$9.95. paper. ISBN 0803283598.

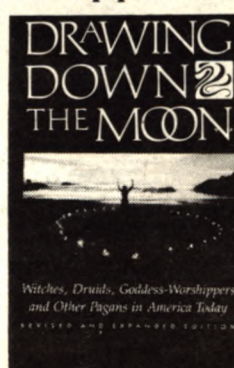


Black Elk recounts his life from childhood until his tribe was moved to the Pine Ridge Reservation in 1890. Through a vision he had received as a child, Black Elk had hoped to help restore his nation's physical and spiritual vitality.

This book was written so that his beliefs and hopes would not die with him. *University of Nebraska Press*

Drawing Down the Moon
Witches, Druids, Goddess-Worshippers, and Other Pagans in America Today

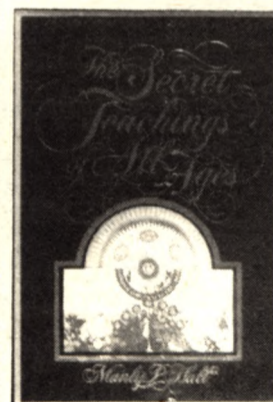
By Margot Adler
\$16.95. paper. ISBN 0807032530.



Margot Adler takes an honest look at the religious experiences, beliefs, and lifestyles of the people who call themselves neopagans. She attended many ritual gatherings and discovered that, contrary to stereotypical images, most neopagans have no gurus or masters, that their beliefs are non-authoritarian in spirit, and that they find

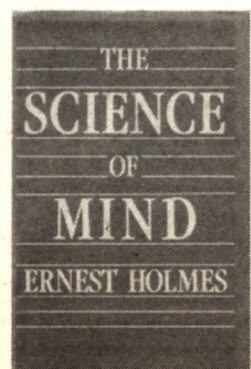
inspiration in ancient deities, nature, myth, even science fiction.

This revised and expanded edition of this classic work now includes information on men's spirituality, Druids, Norse Paganism and a complete resource guide of newsletters, journals, books, groups, and festivals. *Beacon Press*



Secret Teachings of All Ages
By Manly P. Hall
\$24.95. paper.
ISBN 08931444830X.

The primer of mystical thought as it has been handed down through the ages, Hall leaves no stone unturned in this encyclopedia of esoteric teachings. Topics covered include Masonic, Hermetic, Quabbalistic and Rosicrucian philosophy. *Philosophical Research Society*



The Science of Mind
50th Anniversary Edition
By Ernest Holmes
\$21.95. cloth.
ISBN 0399150072.
Now available in this 50th anniversary edition, *The Science of Mind* is a perennial classic that has been reprinted 40 times.

Intended to serve as a user's manual for

mind, Holmes details the amazing, subtle powers of the mind and how to use them. Further, he explains many of the basic truths known to the enlightened of all ages, and distills these principles into primary elements so they can be easily understood by the reader. *Putnam*

Videos

Heart of Tibet
An Intimate Portrait of the 14th Dalai Lama
Written and Directed by David Cherniak
\$29.95. VHS. ISBN 1561762482.

This documentary of the 14th Dalai Lama, the political and spiritual leader of Tibet, touches the heart and inspires one to right action. Filmed primarily at the Kalachakra ceremony held in Los Angeles in 1989, this film contains

interviews with His Holiness as well as film footage of Tibet under the brutal Chinese occupation. The film captures this great leader's serenity, humility, and compassion. Approx. 60 mins.

Meetings with Remarkable Men
Directed by Peter Brook
\$69.95. VHS. ISBN 9990024588.

This full-length feature follows the early years of the Russian spiritual teacher Gurdjieff in his quest to find the meaning of his life. It was the discovery of an ancient manuscript that sent the young Gurdjieff through the Near East and the Middle East in the hope of finding a lost brotherhood. He encounters danger and mystics along the way, until at last he finds his heart's desire. It's at the end of the film that we get a taste of his teachings, when we see some of the powerful dance/movement exercises he learned at the secret monastery. Recommended for those who need a spark to help them to take up the quest for Self Truth. Approx. 108 minutes.

The Mahabharata
Directed by Peter Brook
\$99.95. 3 VHS videotapes. ISBN 0930407172.

Originally, Peter Brook's stage version of this ancient Indian spiritual classic mystified audiences for more than nine hours. Now transformed into a six-hour movie, the film retains the superb acting of the play as well as the feel of a live performance. The story surrounds the Pandavas and their struggle to follow dharma, or right conduct, against the treachery of the Kauravas. Gods and demons, heroes and villains demonstrate sublime teachings, especially in the scenes with Krishna, in the section known as *The Bhagavad Gita*. Highly recommended.

Mother Teresa
By Ann & Jeanette Petrie
Narration by Richard Attenborough
19.95. VHS. ISBN 9990024588.

This film documents a five-year period in the life of the 1979 Nobel Peace Prize winner, Mother Teresa, who some claim is a living saint. It's hard not to be moved by the images here as she is seen tending to the poorest of the poor, from her center in Calcutta to war-torn Lebanon. Her example of compassion, simplicity, dedication and courage will inspire anyone who sees this film. Approx. 82 minutes.

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